

WEEK ONE W/C 19th April: 10th May: 7th June: 28th June: 19th July.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausages with Gravy	Spaghetti Bolognese	Mild Chicken Curry	Cod Fish Fingers	Lamb and Veg Casserole
Vegetarian	Vegetarian Sausages with Gravy	Quorn Bolognese	Vegetable Crumble	Cheese Whirls	Veg Shepherds Pie
Carbohydrate	New potatoes	Spaghetti	Brown Rice	Half a jacket potato	Parsley Potatoes
Vegetables	Broccoli and Cauliflower in white sauce	Sweetcorn	Carrots and Green Beans	Baked Beans	Macedoine of Veg
Dessert	Cinnamon Raisin Bun	Pineapple upside down cake	Fruit Wedges with yoghurt	Slice of Victoria Sponge	Ice-cream

WEEK TWO W/C 26th April: 17th May: 14th June: 5th July.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Salmon Fishcakes	Sweet and Sour chicken	Chili Con Carni	Chicken Casserole	Roast of the Day
Vegetarian	Cheese Puffs	Veg and chickpea curry	Tomato and Veg Pasta Bake	Veg and Bean Casserole	Quorn and veg Risotto
Carbohydrate	Couscous	Rice	Pasta	New Potatoes	Roast Potatoes
Vegetables	Peas	Sweetcorn and green beans	Peas	Broccoli	Cabbage and Carrots
Dessert	Fruit Slice	Ice-cream	Oaty Biscuits	Chocolate Pudding & Custard	Fruit Salad & Yoghurt

WEEK THREE W/C 3rd May: 24th May: 21st June: 12th July.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket Potato with Tuna Mayo	Cottage Pie	Roast chicken breast with gravy	Beef Lasagne	Homemade Pizza
Vegetarian	Jacket Potato with Cheese	Vegetarian Cottage Pie	Vegetable and pasta bake	Vegetable and Quorn Lasagne	Homemade Pizza
Carbohydrate	Jacket Potato	Mashed Potatoes	Roast potatoes	Garlic Bread	Potato waffles
Vegetables	Baked Beans	Sweetcorn and Green beans	Broccoli and carrots	Peas	Coleslaw and mixed salad
Dessert	Shortbread Biscuit	Fruit Wedges and yoghurt	Ice-cream	Fruit Crumble and Custard	Apricot flapjack

A choice of seasonal salads, fresh bread, fresh seasonal fruit and drinking water available daily

“Food for Thought” was formed to provide quality catering to schools, colleges and universities.

It was borne out of concern by the directors that educational catering often did not provide nutritious meals and of a desire to convince pupils and students that there is life beyond chips!

Our philosophy is one of providing nutritious, home cooked meals from fresh ingredients and to encourage pupils to try a range of foods and enjoy a varied healthy diet.

“Food for Thought” is BS EN ISO9001 quality assured and is ISO1400 environmental assured.

Whether you require a meal service operated for you, Management Services, freeing you from the worry of running your in-house services, or ad-hoc consultancy, our team would be pleased to assist.

All meals are fully nutritionally analysed and are School Food Trust DCSF compliant.



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