

Week Three

WEEK 3 MENU RUNS WEEKS BEGINNING
4/11, 25/11, 16/12, 20/1, 10/2, 2/3, 23/3,
4/5, 25/5 AND 15/6

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread
Choice 1	Cheese & Tomato Quiche with Potatoes	Salmon Nibbles Herb or Plain Potato Wedges	Halal Chicken Curry with Rice	Breaded Fish with Potatoes	Halal Meatballs in Gravy with Potatoes
Choice 2	Baked Beans on Toast	Halal Caribbean Chicken with Savoury Rice	Cheese & Tomato Pizza with Pasta	Macaroni Cheese Garlic & Herb Bread	Halal Chilli Chicken Wrap Herb or Plain Potato Wedges
Choice 3 Deli	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day
Vegetables	Sweetcorn Side Salad Fresh Vegetables	Broccoli Side Salad Fresh Vegetables	Mange Tout Side Salad Fresh Vegetables	Beetroot Side Salad Fresh Vegetables	Mixed Vegetables Side Salad Fresh Vegetables
Dessert	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
Drinks	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water



TWEET US

@FuelZoneGlasgow



www.fuelzoneprimary.co.uk



with
Halal
option



**The new Fuel Zone Menu
starts 21 October 2019**

Week One

WEEK 1 MENU RUNS WEEKS BEGINNING
21/10, 11/11, 2/12, 6/1, 27/1, 17/2, 9/3,
30/3, 20/4, 11/5, 1/6, AND 22/6

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread
Choice 1	Tropical Sweet & Sour Quorn with Rice	Quorn Sausages in Gravy with Potatoes	Halal Roast Chicken Yorkshire Pudding with Potatoes	Halal Lamb Spaghetti Bolognese Garlic & Herb Bread	Halal Chicken Pie with Potatoes
Choice 2	Cheese & Tomato Pizza Herb or Plain Potato Wedges	Halal Chicken Chow Mein	Baked Beans on Toast	Keema Burger in a Bun Spiced or Plain Diced Potatoes	Fish Fingers Oven Chips or Potatoes
Choice 3 Deli	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day
Vegetables	Oriental Vegetables Side Salad Fresh Vegetables	Baked Beans Side Salad Fresh Vegetables	Brussel Sprouts Side Salad Fresh Vegetables	Sweetcorn Side Salad Fresh Vegetables	Cabbage Side Salad Fresh Vegetables
Dessert	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
Drinks	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water

Week Two

WEEK 2 MENU RUNS WEEKS BEGINNING
28/10, 18/11, 9/12, 13/1, 3/2,
24/2, 16/3, 27/4, 18/5 AND 8/6

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread
Choice 1	Macaroni Cheese Garlic & Herb Bread	Fish Fingers Oven Chips or Potatoes	Halal Chicken Curry with Rice	Halal Lamb Pie with Potatoes	Halal Chicken Fajita
Choice 2	Omelette Spiced or Plain Diced Potatoes	Halal Chicken Arrabiata with Pasta	Quorn Dog & Onions Herb or Plain Potato Wedges	Halal Sweet Chilli Chicken Breast in a Bun Herb or Plain Potato Wedges	Cheese & Tomato Pizza with Pasta
Choice 3 Deli	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day
Vegetables	Vegetable Medley Side Salad Fresh Vegetables	Garden Peas Side Salad Fresh Vegetables	Mange Tout Side Salad Fresh Vegetables	Carrots Side Salad Fresh Vegetables	Sweetcorn Side Salad Fresh Vegetables
Dessert	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
Drinks	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water	Plain Semi-Skimmed Milk Refresh Water



"YUM!"

"SELECT A MAIN MEAL, DRINK AND DESSERT, CHOOSE AS MUCH FRUIT AND VEG, SOUP AND BREAD AS YOU LIKE!"

