

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	Roast Beef & Yorkshire Pudding Roast Potatoes	Chicken Curry with Rice	Breaded Fish with Potatoes	Meatballs in Gravy with Potatoes
Choice 2	Baked Beans on Toast	Caribbean Chicken with Savoury Rice	Cheese & Tomato Pizza with Pasta	Macaroni Cheese Garlic & Herb Bread	Tandoori or Plain Chicken Chunks 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
Vegetarian Option	Cheese & Tomato Quiche with Potatoes	Caribbean Quorn with Savoury Rice	Broccoli Cauliflower Pasta	Cauliflower Crunch with Potatoes	Quorn Meatballs in Gravy with Potatoes
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



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www.fuelzoneprimary.co.uk



with
Vegetarian 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	Sausages in Gravy with Potatoes	Roast Chicken Yorkshire Pudding with Potatoes	Spaghetti Bolognaise Garlic & Herb Bread	Chicken Pie with Potatoes
Choice 2	Cheese & Tomato Pizza Herb or Plain Potato Wedges	Chicken Chow Mein	Baked Beans on Toast	Chicken 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
Vegetarian Option	Tropical Sweet & Sour Quorn with Rice	Quorn Sausages in Gravy with Potatoes	Falafel Salad Wrap	Vegetable Spaghetti Bolognaise Garlic & Herb Bread	Broccoli Quiche with Potatoes
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	Chicken Curry with Rice	Steak Pie with Potatoes	Chicken Fajita
Choice 2	Omelette Spiced or Plain Diced Potatoes	Chicken Arrabiata with Pasta	Hot Dog Sausage & Onions Herb or Plain Potato Wedges	Korma 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
Vegetarian Option	Macaroni Cheese Garlic & Herb Bread	Cheesy Potato Bake	Vegetable Curry with Rice	Cheese & Rice Loaf	Quorn Fajita
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!"

