

Menu from 22.4.14 to October 2014

Primary Fuel Zone Menu

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup & Selection of Bread	Spring Vegetable Soup & Selection of Bread	Lentil Soup & Selection of Bread	Carrot & Coriander Soup & Selection of Bread	Lentil Soup & Selection of Bread
Choice 1	Sweet & Sour Chicken Noodles	Mince Pie Baby jackets	Chicken Curry Boiled Rice	Macaroni Baby jackets Garlic bread	Breaded Fish Baby jackets
Choice 2	Pizza & Diced herb or plain potatoes	Tuna pasta salad	Cheese & tomato Quiche potatoes	Hot Dog & Onion Potato wedges Tomato Sauce Sachet	Baked Beans Toast
Choice 3 Deli	Turkey roll Meatball sub	Gammon Sandwich Baker & cheese	Cheese roll Roast pork sandwich	Turkey Sandwich Tuna finger roll	Chicken sandwich Cheese finger roll
Halal choice	Pizza Turkey roll Veg lasagne	Tuna pasta Baker & cheese Rice loaf	quiche Cheese roll Veg curry	macaroni Turkey sandwich Tuna roll	Fish Beans on toast Chicken sandwich Broccoli pasta
Vegetarian Option	Vegetable Lasagne Low Sodium Baguette	Cheese & rice loaf Spicy sauce	Vegetable Curry Boiled Rice	Macaroni potato Garlic bread	Broccoli Cauliflower Pasta
Vegetables	sweetcorn & Side Salad	Cabbage & Side Salad	Tomato & Onion Salad & Side Salad	Green beans & Side Salad	Beetroot & Side Salad
Dessert	Yoghurt	Frozen Yoghurt	Jelly	Smoothie Dessert	Yoghurt
Drinks	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water

Primary Fuel Zone Menu Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup & Selection of Bread	Carrot & Corriander Soup & Selection of Bread	Lentil Soup & Selection of Bread	Spring Vegetable Soup & Selection of Bread	Lentil Soup & Selection of Bread
Choice 1	Low Fat Sausage Baby jackets	Chicken Pie Boiled potato	Spaghetti Bolognaise Garlic & Herb Bread	Chicken Curry Boiled Rice	Fish Fingers Baby jackets
Choice 2	Tuna Pasta Salad	Pizza Herb potato Or plain wedge	Chicken Burger Mayonnaise Sachet	Macaroni Cheese Croquette	Chicken Fajita Diced spiced or plain potato
Choice 3 Deli Fillings	Gammon Sandwich Baker & cheese	Tuna finger roll Roast pork sandwich	Cheese roll Chicken sandwich	Turkey sandwich Meatball sub	Tuna finger roll Turkey sandwich
Halal choice	Tuna pasta Baker & cheese Broccoli quiche	Pizza Tuna roll Spicy pasta	Lamb spaghetti Bolognaise Cheese roll Chicken sandwich Potato bake	Macaroni Turkey sandwich Q meatballs in gravy	Fish fingers Tuna roll Turkey sandwich Quorn fajita
Vegetarian Option	Broccoli Quiche Potatoes	Vegetarian Spicy Pasta Garlic & Herb Bread	Cheesy Potato Vegetable Bake	Quorn Meatballs in Gravy Potatoes	Quorn Fajita
Vegetables	Baked Beans & Side Salad	Broccoli & Side Salad	Sweetcorn & Side Salad	Spicy Onion Salad & Side Salad	Garden Peas & Side Salad
Dessert	Yoghurt	Frozen Yoghurt	jelly	Fruit Ice Cream	Yoghurt
Drinks	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water

Primary Fuel Zone Menu Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup & Selection of Bread	Spring Vegetable Soup & Selection of Bread	Lentil Soup & Selection of Bread	Carrot & Coriander Soup & Selection of Bread	Lentil Soup & Selection of Bread
Choice 1	Mince Boiled potato	Spicy Chicken Pitta Pocket Diced potato	Breaded Fish Baby jackets vinegar	Chicken Tikka & Boiled Rice	Chicken In gravy potatoes
Choice 2	Tandoori chicken chunks Spiced or plain wedges	Beef Burger & Brown Sauce	Baked Beans Toast	Pizza & Pasta	Macaroni Hash brown
Choice 3 Deli Fillings	Turkey Sandwich Meatball sub	Cheese roll Baker & cheese	Turkey Sandwich Tikka finger roll	Cheese roll Tuna finger roll	Gammon Sandwich Baker & cheese
Halal choice	Salmon nibbles Turkey sandwich Quorn mince	Cheese roll Quorn pitta Baker & cheese	Fish Beans on toast Turkey sandwich Veg enchiladas	Pizza Cheese roll Tuna roll Quorn tikka	Macaroni Baker & cheese Quorn risotto
Vegetarian Option	Quorn Mince Potatoes	Quorn pitta	Vegetarian Enchiladas	Quorn Tikka & Boiled Rice	Quorn risotto
Vegetables	Vegetable Medley & Side Salad	Sweetcorn & Side Salad	beetroot & Side Salad	Tomato & Onion Salad & Side Salad	Broccoli & Side Salad
Dessert	Yoghurt	Smoothie Dessert	Jelly	Frozen Yoghurt	Yoghurt
Drinks	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water