

# Primary Fuel Zone Halal Menu – Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup Brown or White Bread	Vegetable & Rice Soup Brown or White Bread	Lentil Soup Brown or White Bread	Scotch Broth Brown or White Bread	Lentil Soup Brown or White Bread
Choice 1	Halal Meatballs in Tomato Sauce with Pasta	Halal Chicken Curry with Rice	Halal Italian Mince Garlic & Herb Bread	Breaded Fish with Potatoes	Halal Lamb Pie with Potatoes
Choice 2	Quorn Goujons Wrap	Quorn Dog & Onion Herb or Plain Potato Wedges Tomato Sauce	Pizza Spiced or Plain Diced Potatoes	Macaroni Cheese Garlic & Herb Bread	Baked Beans on Toast
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 Vegetable Bag	Spiced Onion Salad Side Salad Fresh Vegetable Bag	Broccoli Side Salad Fresh Vegetable Bag	Garden Peas Side Salad Fresh Vegetable Bag	Mixed Vegetables Side Salad Fresh Vegetable Bag
Dessert	Yoghurt or Frozen Mousse Selection of Fruit	Jelly or Yoghurt Selection of Fruit	Frozen Yoghurt or Jelly Selection of Fruit	Jelly or Yoghurt Selection of Fruit	Yoghurt or Custard Selection of Fruit
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

# 123 Halal choice

**Primary Menu**  
**Weekly Cycle 2016**

WEEK 1	24/10	14/11	5/12	2/1	23/1	13/2	6/3	27/3
WEEK 2	31/10	21/11	12/12	9/1	30/1	20/2	13/3	
WEEK 3	7/11	28/11	19/12	16/1	6/2	27/2	20/3	

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**123 choice**

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Select a main meal, drink and dessert.  
Choose as much fruit & vegetables,  
and soup & bread as you like.



The new Autumn/Winter  
menu starts 24 October 2016

# Primary Fuel Zone Halal Menu – Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup Brown or White Bread	Vegetable & Rice Soup Brown or White Bread	Lentil Soup Brown or White Bread	Scotch Broth Brown or White Bread	Lentil Soup Brown or White Bread
Choice 1	Halal Lamb Belmont Pie with Potatoes	Quorn Sausages in Gravy with Potatoes	Halal Roast Chicken Yorkshire Pudding with Potatoes	Halal Lamb Lasagne Garlic & Herb Bread	Halal Chicken Fajitas
Choice 2	Pizza & Pasta	Halal Chicken & Rice Crusty Bread	Baked Beans on Toast	Keema Burger with Mayonnaise	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	Carrots Side Salad Fresh Vegetable Bag	Baked Beans Side Salad Fresh Vegetable Bag	Cabbage Side Salad Fresh Vegetable Bag	Sweetcorn Side Salad Fresh Vegetable Bag	Garden Peas Side Salad Fresh Vegetable Bag
Dessert	Frozen Yoghurt or Jelly Selection of Fruit	Jelly or Yoghurt Selection of Fruit	Yoghurt or Custard Selection of Fruit	Jelly or Yoghurt Selection of Fruit	Yoghurt or Frozen Mousse Selection of Fruit
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 Halal Menu – Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup Brown or White Bread	Scotch Broth Brown or White Bread	Lentil Soup Brown or White Bread	Vegetable & Rice Soup Brown or White Bread	Lentil Soup Brown or White Bread
Choice 1	Halal Lamb Casserole with Potatoes	Halal Chicken Curry with Rice	Fish Cake with Roast Potatoes	Macaroni Cheese Garlic & Herb Bread	Breaded Fish with Potatoes
Choice 2	Sweet Potato Starfish Oven Chips or Potatoes	Pizza Herb or Plain Potato Wedges	Halal Chilli Chicken Taco Spiced or Plain Diced Potatoes	Salmon Nibbles Spiced or Plain Potato Wedges	Baked Beans on Toast
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	Cabbage Side Salad Fresh Vegetable Bag	Tomato & Onion Salad Side Salad Fresh Vegetable Bag	Vegetable Medley Side Salad Fresh Vegetable Bag	Green Beans Side Salad Fresh Vegetable Bag	Garden Peas Side Salad Fresh Vegetable Bag
Dessert	Yoghurt or Custard Selection of Fruit	Jelly or Yoghurt Selection of Fruit	Yoghurt or Frozen Mousse Selection of Fruit	Jelly or Yoghurt Selection of Fruit	Frozen Yoghurt or Jelly Selection of Fruit
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



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