

Primary Fuel Zone Menu With Vegetarian Option – 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	Meatballs in Tomato Sauce with Pasta	Chicken Curry with Rice	Italian Mince Garlic & Herb Bread	Breaded Fish with Potatoes	Steak Pie with Potatoes
Choice 2	Tandoori or Plain Chicken Chunks Wrap	Hot 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
Vegetarian Option	Quorn Meatballs in Tomato Sauce Pasta	Vegetable Curry with Rice	Quorn Italian Mince Garlic & Herb Bread	Cheese & Tomato Quiche with Potatoes	Cauliflower Crunch with Potatoes
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 with Vegetarian option

Primary Menu
Weekly Cycle 2016

FUEL FZ ZONE

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 Menu With Vegetarian Option – 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	Belmont Pie with Potatoes	Sausages in Gravy with Potatoes	Roast Chicken Yorkshire Pudding with Potatoes	Lasagne Garlic & Herb Bread	Chicken Fajita
Choice 2	Pizza & Pasta	Chicken & Rice Crusty Bread	Baked Beans on Toast	Chicken 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
Vegetarian Option	Quorn Moussaka	Quorn Sausages in Gravy with Potatoes	Broccoli Quiche with Potatoes	Vegetable Lasagne Garlic & Herb Bread	Quorn Fajitas
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 Menu With Vegetarian Option – 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	Beef Casserole with Potatoes	Chicken Curry with Rice	Roast Beef & Yorkshire Pudding 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	Chilli Chicken Taco Spiced or Plain Diced Potatoes	Beef Burger in Gravy with Potatoes	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
Vegetarian Option	Cheesy Potato Bake	Vegetable Curry with Rice	Chilli Quorn Taco Spiced or Plain Diced Potatoes	Spicy Quorn with Rice	Broccoli Cauliflower Pasta
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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