

# Week One

"WEEK 1 MENU RUNS WEEKS BEGINNING 22/10, 12/11, 3/12, 7/1, 28/1, 18/2 AND 11/3"

	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	Halal Chicken Tikka with Rice	Halal Lamb Spaghetti Bolognese Garlic & Herb Bread	Halal Chicken Pie with Potatoes	Quorn Sausages in Gravy with Potatoes	Halal Roast Chicken Yorkshire Pudding with Potatoes
Choice 2	Cheese & Tomato Pizza Herb or Plain Potato Wedges	Keema Burger in a Bun Spiced or Plain Diced Potatoes	Fish Fingers Oven Chips or Potatoes	Halal Italian Chicken with Pasta	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	Spiced Onion Salad Side Salad Fresh Vegetable Bag	Sweetcorn & Peas Side Salad Fresh Vegetable Bag	Broccoli Side Salad Fresh Vegetable Bag	Baked Beans Side Salad Fresh Vegetable Bag	Turnip Side Salad Fresh Vegetable Bag
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 29/10, 19/11, 10/12, 14/1, 4/2, 25/2 AND 18/3"

	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	Broccoli Quiche with Potatoes	Halal Chicken Curry with Rice	Fish Fingers Oven Chips or Potatoes	Halal Chicken Casserole with Potatoes
Choice 2	Halal Sweet Chilli Chicken Breast in a Bun Herb or Plain Potato Wedges	Baked Beans on Toast	Cheese & Tomato Pizza with Pasta	Halal Chicken & Rice with Crusty Bread	Quorn Dog & Onions 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	Vegetable Medley Side Salad Fresh Vegetable Bag	Carrots Side Salad Fresh Vegetable Bag	Tomato & Onion Salad Side Salad Fresh Vegetable Bag	Garden Peas Side Salad Fresh Vegetable Bag	Green Beans Side Salad Fresh Vegetable Bag
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!"



# Week Three

"WEEK 3 MENU RUNS WEEKS BEGINNING 5/11, 26/11, 17/12, 21/1, 11/2, 4/3 AND 25/3"

	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	Halal Chicken Curry with Rice	Halal Meatballs in Gravy with Potatoes	Halal Chicken Supreme with Rice	Breaded Fish with Potatoes	Halal Lamb Pie with Potatoes
Choice 2	Baked Beans on Toast	Quorn Goujons Herb or Plain Potato Wedges	Cheese & Tomato Pizza Spiced or Plain Diced Potatoes	Halal Chilli Chicken Wrap Spiced or Plain Diced Potatoes	Macaroni Cheese Garlic & Herb Bread
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	Spiced Onion Salad Side Salad Fresh Vegetable Bag	Mixed Vegetables Side Salad Fresh Vegetable Bag	Sweetcorn Side Salad Fresh Vegetable Bag	Beetroot Side Salad Fresh Vegetable Bag	Cabbage Side Salad Fresh Vegetable Bag
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



with  
Halal  
option



"HELLO KIDS  
I'M BROCCOLI  
BILL, HERE TO  
HELP YOU MAKE  
GOOD FOOD  
CHOICES!"



TWEET US

@FuelZoneGlasgow



www.fuelzoneprimary.co.uk



The new Autumn/Winter  
Menu starts 22 October 2018