

# 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	Chicken Curry with Rice	Meatballs in Gravy with Potatoes	Chicken Supreme with Rice	Breaded Fish with Potatoes	Steak Pie with Potatoes
Choice 2	Baked Beans on Toast	Tandoori or Plain Chicken Chunks Herb or Plain Potato Wedges	Cheese & Tomato Pizza Spiced or Plain Diced Potatoes	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
Vegetarian Option	Vegetable Lasagne Garlic & Herb Bread	Quorn Meatballs in Gravy with Potatoes	Vegetarian Chilli with Rice	Mediterranean Quiche with Potatoes	Cauliflower Crunch with Potatoes
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 Vegetarian option



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



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**The new Autumn/Winter  
Menu starts 22 October 2018**

BROCCOLI BILL WAS THE WINNING ENTRY OF THE FUEL ZONE MASCOT COMPETITION DESIGNED BY RUARIDH MCKENZIE OF CLYDE PRIMARY SCHOOL.

# 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	Chicken Tikka with Rice	Spaghetti Bolognaise Garlic & Herb Bread	Chicken Pie with Potatoes	Sausages in Gravy with Potatoes	Roast Chicken Yorkshire Pudding with Potatoes
Choice 2	Cheese & Tomato Pizza Herb or Plain Potato Wedges	Chicken Burger in a Bun Spiced or Plain Diced Potatoes	Fish Fingers Oven Chips or Potatoes	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
Vegetarian Option	Vegetable Moussaka	Vegetable Spaghetti Bolognaise Garlic & Herb Bread	Falafel Salad Wrap	Quorn Sausages in Gravy with Potatoes	Cheese & Tomato Quiche with Potatoes
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	Roast Beef & Yorkshire Pudding Roast Potatoes	Chicken Curry with Rice	Fish Fingers Oven Chips or Potatoes	Chicken Casserole with Potatoes
Choice 2	Sweet Chilli Chicken Breast in a Bun Herb or Plain Potato Wedges	Baked Beans on Toast	Cheese & Tomato Pizza with Pasta	Chicken & Rice with Crusty Bread	Hot Dog Sausage & 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
Vegetarian Option	Broccoli Cauliflower Pasta	Cheesy Potato Bake	Vegetable Curry with Rice	Cheese & Rice Loaf	Quorn Goujon Salad Wrap Herb or Plain Potato Wedges
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!"

