

# Primary Fuel Zone Menu With Vegetarian Option – Week Three

|                      | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|----------------------|---|---|---|---|---|
| Soup                 | Lentil Soup<br>Brown or White<br>Bread                    | Carrot & Citrus<br>Soup<br>Brown or White<br>Bread              | Lentil Soup<br>Brown or White<br>Bread                      | Yellow Split<br>Pea Soup<br>Brown or White<br>Bread       | Lentil Soup<br>Brown or White<br>Bread                    |
| Choice 1             | Sausages in<br>Onion Gravy<br>with Potatoes               | Chicken Curry<br>with Rice                                      | Savoury Mince<br>with Potatoes                              | Breaded Fish<br>with Potatoes                             | Pork Fillet<br>in Gravy with<br>Roast Potatoes            |
| Choice 2             | Macaroni<br>Cheese<br>Garlic & Herb<br>Bread              | Tuna Pasta<br>Salad   | Pizza & Pasta   | Baked Beans<br>on Toast                                   | Chicken Burger<br>with<br>Mayonnaise                      |
| Choice 3<br>Deli     | Sandwich or<br>Baked Potato<br>with Filling of<br>the Day | Sandwich or<br>Baked Potato<br>with Filling of<br>the Day       | Sandwich or<br>Baked Potato<br>with Filling of<br>the Day   | Sandwich or<br>Baked Potato<br>with Filling of<br>the Day | Sandwich or<br>Baked Potato<br>with Filling of<br>the Day |
| Vegetarian<br>Option | Quorn Sausages<br>in Onion Gravy<br>with Potatoes         | Cheese &<br>Tomato Quiche<br>with Potatoes                      | Quorn Savoury<br>Mince<br>with Potatoes                     | Cheesy Potato<br>Vegetable Bake                           | Quorn<br>Enchiladas                                       |
| Vegetables           | Garden Peas<br>Side Salad<br>Fresh<br>Vegetable Bag       | Tomato &<br>Onion salad<br>Side Salad<br>Fresh<br>Vegetable Bag | Vegetable<br>Medley<br>Side Salad<br>Fresh<br>Vegetable Bag | Beetroot<br>Side Salad<br>Fresh<br>Vegetable Bag          | Carrot<br>Side Salad<br>Fresh<br>Vegetable Bag            |
| Dessert              | Yoghurt or<br>Jelly<br>Selection of<br>Fruit              | Mousse or<br>Yoghurt<br>Selection of<br>Fruit                   | Jelly or Yoghurt<br>Selection of<br>Fruit                   | Frozen Yoghurt<br>or Jelly<br>Selection of<br>Fruit       | Yoghurt or<br>Jelly<br>Selection of<br>Fruit              |
| Drinks               | Semi-Skimmed<br>Milk<br>Refresh Water                     | Semi-Skimmed<br>Milk<br>Refresh Water                           | Semi-Skimmed<br>Milk<br>Refresh Water                       | Semi-Skimmed<br>Milk<br>Refresh Water                     | Semi-Skimmed<br>Milk<br>Refresh Water                     |

# 123 with Vegetarian option

**Primary Menu**  
Weekly Cycle 2016

|        |      |      |      |      |      |      |       |
|--------|------|------|------|------|------|------|-------|
| WEEK 1 | 18/4 | 9/5  | 30/5 | 20/6 | 15/8 | 5/9  | 26/9  |
| WEEK 2 | 25/4 | 16/5 | 6/6  |      | 22/8 | 12/9 | 3/10  |
| WEEK 3 | 2/5  | 23/5 | 13/6 |      | 29/8 | 19/9 | 10/10 |

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123 choice

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



The new Spring/Summer  
menu starts 18 April 2016

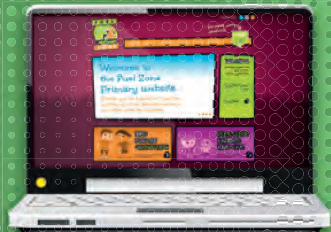


## Primary Fuel Zone Menu With Vegetarian Option – Week One

|                          | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|--------------------------|---|--|---|--|--|
| <b>Soup</b>              | Lentil Soup<br>Brown or White Bread                       | Carrot & Citrus Soup<br>Brown or White Bread     | Lentil Soup<br>Brown or White Bread                           | Yellow Split Pea Soup<br>Brown or White Bread    | Lentil Soup<br>Brown or White Bread              |
| <b>Choice 1</b>          | Chicken Tikka with Rice                                   | Macaroni Cheese<br>Garlic & Herb Bread           | Sweet & Sour Chicken with Rice                                | Mince Pie with Potatoes                          | Breaded Fish with Potatoes                       |
| <b>Choice 2</b>          | Pizza<br>Herb or Plain Diced Potatoes                     | Fish Cake with Potatoes                          | Hot Dog & Onion Spiced or Plain Potato Wedges<br>Tomato Sauce | Tuna Pasta Salad                                 | Baked Beans on Toast                             |
| <b>Choice 3 Deli</b>     | 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 |
| <b>Vegetarian Option</b> | Quorn Tikka with Rice                                     | Mediterranean Quiche with Potatoes               | Vegetable Curry with Rice                                     | Falafel Salad Wrap                               | Broccoli Cauliflower Pasta                       |
| <b>Vegetables</b>        | Tomato & Onion Salad<br>Side Salad<br>Fresh Vegetable Bag | Broccoli Side Salad<br>Fresh Vegetable Bag       | Sweetcorn Side Salad<br>Fresh Vegetable Bag                   | Cabbage Side Salad<br>Fresh Vegetable Bag        | Garden Peas Side Salad<br>Fresh Vegetable Bag    |
| <b>Dessert</b>           | Yoghurt or Jelly<br>Selection of Fruit                    | Frozen Yoghurt or Jelly<br>Selection of Fruit    | Jelly or Yoghurt<br>Selection of Fruit                        | Mousse or Yoghurt<br>Selection of Fruit          | Yoghurt or Jelly<br>Selection of Fruit           |
| <b>Drinks</b>            | Semi-Skimmed Milk<br>Refresh Water                        | Semi-Skimmed Milk<br>Refresh Water               | Semi-Skimmed Milk<br>Refresh Water                            | Semi-Skimmed Milk<br>Refresh Water               | Semi-Skimmed Milk<br>Refresh Water               |

## Primary Fuel Zone Menu With Vegetarian Option – Week Two

|                          | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--------------------------|--|--|---|--|--|
| <b>Soup</b>              | Lentil Soup<br>Brown or White Bread              | Yellow Split Pea Soup<br>Brown or White Bread    | Lentil Soup<br>Brown or White Bread                               | Carrot & Citrus Soup<br>Brown or White Bread           | Lentil Soup<br>Brown or White Bread              |
| <b>Choice 1</b>          | Beef Burger with Potatoes                        | Chicken Pie with Potatoes                        | Spaghetti Bolognese<br>Garlic & Herb Bread                        | Chicken Curry with Rice                                | Fish Fingers<br>Oven Chips or Potatoes           |
| <b>Choice 2</b>          | Chicken Fajita<br>Spiced or Plain Diced Potatoes | Pizza<br>Herb or Plain Potato Wedges             | Tandoori or Plain Chicken Chunks<br>Spiced or Plain Potato Wedges | Macaroni Cheese<br>Garlic & Herb Bread                 | Italian Chicken<br>Crusty Bread                  |
| <b>Choice 3 Deli</b>     | 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 |
| <b>Vegetarian Option</b> | Quorn Fajita<br>Spiced or Plain Diced Potatoes   | Quorn Spicy Pasta<br>Crusty Bread                | Vegetable Lasagne<br>Garlic & Herb Bread                          | Cheese & Rice Loaf with Spicy Tomato Sauce             | Quorn Risotto<br>Crusty Bread                    |
| <b>Vegetables</b>        | Baked Bean Side Salad<br>Fresh Vegetable Bag     | Green Beans Side Salad<br>Fresh Vegetable Bag    | Beetroot Side Salad<br>Fresh Vegetable Bag                        | Spicy Onion Salad<br>Side Salad<br>Fresh Vegetable Bag | Coleslaw Side Salad<br>Fresh Vegetable Bag       |
| <b>Dessert</b>           | Yoghurt or Jelly<br>Selection of Fruit           | Frozen Yoghurt or Jelly<br>Selection of Fruit    | Yoghurt or Jelly<br>Selection of Fruit                            | Fruit Ice Cream or Yoghurt<br>Selection of Fruit       | Jelly or Yoghurt<br>Selection of Fruit           |
| <b>Drinks</b>            | Semi-Skimmed Milk<br>Refresh Water               | Semi-Skimmed Milk<br>Refresh Water               | Semi-Skimmed Milk<br>Refresh Water                                | Semi-Skimmed Milk<br>Refresh Water                     | Semi-Skimmed Milk<br>Refresh Water               |



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