

Primary Fuel Zone Menu With Vegetarian Option – Week Three

| | 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 | Beef Chilli with Rice | Breaded Fish with Potatoes | Steak Pie with Potatoes |
| Choice 2 | Hot Dog Sausage & Onions Herb or Plain Potato Wedges | Baked Beans on Toast | Cheese & Tomato Pizza Spiced or Plain Diced Potatoes | Macaroni Cheese Garlic & Herb Bread | Tandoori or Plain Chicken Chunks with 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 | Vegetable Lasagne Garlic & Herb Bread | Quorn Meatballs in Gravy with Potatoes | Quorn 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 |

123

with Vegetarian option

Primary Menu

Weekly Cycle October 2017

| | 23/10 | 13/11 | 4/12 | 1/1 | 22/1 | 12/2 | 5/3 | 26/3 |
|--------|-------|-------|-------|------|------|------|------|------|
| WEEK 1 | 23/10 | 13/11 | 4/12 | 1/1 | 22/1 | 12/2 | 5/3 | 26/3 |
| WEEK 2 | 30/10 | 20/11 | 11/12 | 8/1 | 29/1 | 19/2 | 12/3 | |
| WEEK 3 | 6/11 | 27/11 | 18/12 | 15/1 | 5/2 | 26/2 | 19/3 | |

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123 choice

FUEL ZONE

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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 23 October 2017



Primary Fuel Zone Menu With Vegetarian Option – Week One

| | 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 with Pasta | Chicken Burger in a Bun Spiced or Plain Diced Potatoes | Fish Fingers Oven Chips or Potatoes | Spicy Chicken with Noodles | 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 Moussaka | Quorn Spaghetti Bolognaise Garlic & Herb Bread | Broccoli Quiche with Potatoes | Quorn Sausages in Gravy with Potatoes | Broccoli Cauliflower Pasta |
| Vegetables | Spiced Onion Salad Side Salad Fresh Vegetable Bag | Sweetcorn & Peas Side Salad Fresh Vegetable Bag | Green Beans 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 |

Primary Fuel Zone Menu With Vegetarian Option – Week Two

| | 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 | Pork Fillet with Potatoes | Chicken Curry with Rice | Roast Beef & Yorkshire Pudding Roast Potatoes | Breaded Fish with Potatoes |
| Choice 2 | Beef Burger in Gravy with Potatoes | Cheese & Tomato Pizza Herb or Plain Potato Wedges | Salmon Nibbles Oven Chips or Potatoes | Baked Beans on Toast | Chilli Chicken Wrap Spiced or Plain Diced 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 Italian Mince Garlic & Herb Bread | Cheesy Potato Bake | Vegetable Curry with Rice | Cheese & Tomato Quiche with Potatoes | Spicy Quorn Wrap Spiced or Plain Diced Potatoes |
| Vegetables | Carrots Side Salad Fresh Vegetable Bag | Vegetable Medley Side Salad Fresh Vegetable Bag | Tomato & Onion Salad Side Salad Fresh Vegetable Bag | Broccoli Side Salad Fresh Vegetable Bag | Garden Peas 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 |



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