

# Primary Fuel Zone Menu

## Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup Brown or White Bread	Carrot & Citrus Soup Brown or White Bread	Lentil Soup Brown or White Bread	Yellow Split Pea Soup Brown or White Bread	Lentil Soup Brown or White Bread
Choice 1	Sausages in Onion Gravy with Potatoes	Chicken Curry with Rice	Savoury Mince with Potatoes	Breaded Fish with Potatoes	Pork Fillet in Gravy with Roast Potatoes
Choice 2	Macaroni Cheese Garlic & Herb Bread	Tuna Pasta Salad	Pizza & Pasta	Baked Beans on Toast	Chicken Burger with Mayonnaise
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	Garden Peas Side Salad Fresh Vegetable Bag	Tomato & Onion salad Side Salad Fresh Vegetable Bag	Vegetable Medley Side Salad Fresh Vegetable Bag	Beetroot Side Salad Fresh Vegetable Bag	Carrot Side Salad Fresh Vegetable Bag
Dessert	Yoghurt or Jelly Selection of Fruit	Mousse or Yoghurt Selection of Fruit	Jelly or Yoghurt Selection of Fruit	Frozen Yoghurt or Jelly Selection of Fruit	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

# 123 choice

**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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Glasgow

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

Glasgow's  
**refresh**

Glasgow's  
**Big  
Breakfast**

  
healthy living

**FUEL**  
**FZ**  
**ZONE**

The new Spring/Summer  
menu starts 18 April 2016

# Primary Fuel Zone Menu Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup Brown or White Bread	Carrot & Citrus Soup Brown or White Bread	Lentil Soup Brown or White Bread	Yellow Split Pea Soup Brown or White Bread	Lentil Soup Brown or White Bread
Choice 1	Chicken Tikka with Rice	Macaroni Cheese Garlic & Herb Bread	Sweet & Sour Chicken with Rice	Mince Pie with Potatoes	Breaded Fish with Potatoes
Choice 2	Pizza Herb or Plain Diced Potatoes	Fish Cake with Potatoes	Hot Dog & Onion Spiced or Plain Potato Wedges Tomato Sauce	Tuna Pasta Salad	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	Tomato & Onion Salad Side Salad Fresh Vegetable Bag	Broccoli Side Salad Fresh Vegetable Bag	Sweetcorn Side Salad Fresh Vegetable Bag	Cabbage Side Salad Fresh Vegetable Bag	Garden Peas Side Salad Fresh Vegetable Bag
Dessert	Yoghurt or Jelly Selection of Fruit	Frozen Yoghurt or Jelly Selection of Fruit	Jelly or Yoghurt Selection of Fruit	Mousse or Yoghurt Selection of Fruit	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

# Primary Fuel Zone Menu Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup Brown or White Bread	Yellow Split Pea Soup Brown or White Bread	Lentil Soup Brown or White Bread	Carrot & Citrus Soup Brown or White Bread	Lentil Soup Brown or White Bread
Choice 1	Beef Burger with Potatoes	Chicken Pie with Potatoes	Spaghetti Bolognaise Garlic & Herb Bread	Chicken Curry with Rice	Fish Fingers Oven Chips or Potatoes
Choice 2	Chicken Fajita Spiced or Plain Diced Potatoes	Pizza Herb or Plain Potato Wedges	Tandoori or Plain Chicken Chunks Spiced or Plain Potato Wedges	Macaroni Cheese Garlic & Herb Bread	Italian Chicken Crusty 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	Baked Beans Side Salad Fresh Vegetable Bag	Green Beans Side Salad Fresh Vegetable Bag	Beetroot Side Salad Fresh Vegetable Bag	Spicy Onion Salad Side Salad Fresh Vegetable Bag	Coleslaw Side Salad Fresh Vegetable Bag
Dessert	Yoghurt or Jelly Selection of Fruit	Frozen Yoghurt or Jelly Selection of Fruit	Yoghurt or Jelly Selection of Fruit	Fruit Ice Cream or Yoghurt Selection of Fruit	Jelly or Yoghurt 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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[www.fuelzoneprimary.co.uk](http://www.fuelzoneprimary.co.uk)



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