


Primary Fuel Zone Menu 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
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 choice

Primary Menu
Weekly Cycle October 2017



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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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

Glasgow's
refresh^o




healthy living

Primary Fuel Zone Menu 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
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 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
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



Visit our website

www.fuelzoneprimary.co.uk



www.twitter.com/fuelzoneglasgow

