

OFFICIAL

**Primary Fuel Zone Menu
Week One**

	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Tropical Sweet & Sour Quorn with Rice	Sausages in Gravy with Potatoes	Roast Chicken Yorkshire Pudding with Potatoes	Spaghetti Bolognese Garlic & Herb Bread	Chicken Pie with Potatoes
Choice 2	Cheese & Tomato Pizza Herb or Plain Potato Wedges	Baked Beans on Toast	Tuna/Salmon Mayo Sandwich/Roll	Chicken Burger Spiced or Plain Diced Potatoes	Fish Fingers Oven Chips or Potatoes
Vegetarian Option	Tropical Sweet & Sour Quorn with Rice	Quorn Sausages in Gravy with Potatoes	Falafel Salad Wrap	Vegetable Spaghetti Bolognese Garlic & Herb Bread	Broccoli Quiche with Potatoes
Vegetables	Oriental Vegetables Side Salad Fresh Vegetables	Baked Beans Side Salad Fresh Vegetables	Brussel Sprouts Side Salad Fresh Vegetables	Sweetcorn Side Salad Fresh Vegetables	Cabbage Side Salad Fresh Vegetables
Dessert	Yoghurt Selection of Fruit	Frozen Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Frozen Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
Drinks	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water

Note: Vegetarian option should only be provided if required.

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**Primary Fuel Zone Menu
Week Two**

	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Macaroni Cheese Garlic & Herb Bread	Fish Fingers Oven Chips or Potatoes	Chicken Curry with Rice	Steak Pie with Potatoes	Chicken Fajita
Choice 2	Omelette Spiced or Plain Diced Potatoes	Turkey Sandwich/Roll	Hot Dog Sausage & Onions Herb or Plain Potato Wedges	Korma Chicken Breast in a Bun Herb or Plain Potato Wedges	Cheese & Tomato Pizza with Pasta
Vegetarian Option	Quorn Goujon Wrap Spiced or Plain Diced Potatoes	Cheesy Potato Bake	Vegetable Curry with Rice	Cheese & Rice Loaf	Quorn Fajita
Vegetables	Vegetable Medley Side Salad Fresh Vegetables	Garden Peas Side Salad Fresh Vegetables	Mange Tout Side Salad Fresh Vegetables	Carrots Side Salad Fresh Vegetables	Sweetcorn Side Salad Fresh Vegetables
Dessert	Frozen Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Frozen Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Frozen Yoghurt Selection of Fruit
Drinks	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water

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**Primary Fuel Zone Menu
Week Three**

	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Cheese & Tomato Quiche with Potatoes	Roast Beef & Yorkshire Pudding Roast Potatoes	Chicken Curry with Rice	Breaded Fish with Potatoes	Meatballs in Gravy with Potatoes
Choice 2	Baked Beans on Toast	Cheese Sandwich/Roll	Cheese & Tomato Pizza with Pasta	Chicken Sandwich/Roll	Tandoori or Plain Chicken Chunks Herb or Plain Potato Wedges
Vegetarian Option	Cheese & Coleslaw Baked Potato	Caribbean Quorn with Savoury Rice	Broccoli Cauliflower Pasta	Cauliflower Crunch with Potatoes	Quorn Meatballs in Gravy with Potatoes
Vegetables	Sweetcorn Side Salad Fresh Vegetables	Broccoli Side Salad Fresh Vegetables	Mange Tout Side Salad Fresh Vegetables	Beetroot Side Salad Fresh Vegetables	Mixed Vegetables Side Salad Fresh Vegetables
Dessert	Yoghurt Selection of Fruit	Frozen Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Frozen Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
Drinks	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water	Plain Semi-Skimmed Milk Bottled Water

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