

## CHOICES MENU WITH \* VEGETARIAN OPTION

Monday Tuesday Wednesday Thursday Friday Homemade Homemade Homemade Homemade Homemade Soup Soup Soup Soup Soup Soup Selection of Selection of Selection of Selection of Selection of Bread Bread Bread Bread Bread Roast Beef & Cheese & Meatballs in Yorkshire Chicken Curry **Breaded Fish** Choice 1 **Tomato Quiche** Gravv Pudding with Rice with Potatoes with Potatoes with Potatoes **Roast Potatoes** Tandoori or Caribbean Cheese & Macaroni Plain Chicken **Baked Beans** Chicken Tomato Cheese Choice 2 Chunks on Toast Garlic & Herb with Savourv Pizza Herb or Plain with Pasta Rice Bread Potato Wedges Sandwich or Sandwich or Sandwich or Sandwich or Sandwich or Choice 3 Baked Potato Baked Potato **Baked Potato Baked Potato** Baked Potato Deli with Filling of the Day the Day the Day the Day the Day Caribbean Quorn Cheese & Broccoli Cauliflower Vegetarian Quorn Meatballs Tomato Quiche Cauliflower Crunch Option with Savoury in Gravy with Potatoes Pasta with Potatoes Rice with Potatoes Mixed Sweetcorn Broccoli Mange Tout Beetroot Vegetables Lettuce Lettuce L ettuce Lettuce Lettuce Tomato Tomato Tomato Tomato Vegetables Tomato Cucumber Cucumber Cucumber Cucumber Cucumber Spring Onion Spring Onion Spring Onion Spring Onion Spring Onion Mixed Peppers Mixed Peppers Mixed Peppers Mixed Peppers Mixed Peppers Yoghurt Yoghurt Yoghurt Yoghurt Yoghurt Dessert Selection of Selection of Selection of Selection of Selection of Fruit Fruit Fruit Fruit Fruit Plain Semi-Plain Semi-Plain Semi-Plain Semi-Plain Semi-Skimmed Skimmed Skimmed Skimmed Skimmed Drinks Milk Milk Milk Milk Milk Bottled Water **Bottled Water Bottled Water** Bottled Water Bottled Water

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## SECONDARY MENU Weekly Cycle

Week 1	21/10	11/11	2/12	6/1	27/1	17/2	9/3	30/3	20/4	11/5	1/6	22/6
Week 2	28/10	18/11	9/12	13/1	3/2	24/2	16/3		27/4	18/5	8/6	
Week 3	4/11	25/11	16/12	20/1	10/2	2/3	23/3		4/5	25/5	15/6	

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



THE NEW FUEL ZONE MENU STARTS 21 OCTOBER 2019

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	MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY		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	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	Tropical Sweet & Sour Quorn with Rice	Sausages in Gravy with Potatoes	Roast Chicken Yorkshire Pudding with Potatoes	Spaghetti Bolognaise Garlic & Herb Bread	Chicken Pie with Potatoes	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	Cheese & Tomato Pizza Herb or Plain Potato Wedges	Chicken Chow Mein	Baked Beans on Toast	Chicken Burger in a Bun Spiced or Plain Diced Potatoes	Fish Fingers Oven Chips or Potatoes	CHOICE 2	Omelette Spiced or Plain Diced Potatoes	Chicken Arrabiata with Pasta	Hot Dog Sausage & Onions Herb or Plain Potato Wedges	Korma Chicken Breast in a Bun Herb or Plain Potato Wedges	Cheese & Tomato Pizinni with Pasta	
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	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	Tropical Sweet & Sour Quorn with Rice	Quorn Sausage in Gravy with Potatoes	Falafel Salad Wrap	Vegetable Spaghetti Bolognaise Garlic & Herb Bread	Broccoli Quiche with Potatoes	VEGETARIAN OPTION	Macaroni Cheese Garlic & Herb Bread	Cheesy Potato Bake	Vegetable Curry with Rice	Cheese & Rice Loaf	Quorn Fajita	
VEGETABLES	Oriental Vegetables Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Baked Beans Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Brussel Sprouts Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Sweetcorn Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Cabbage Lettuce Tomato Cucumber Spring Onion Mixed Peppers	VEGETABLES	Vegetable Medley Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Garden Peas Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Mange Tout Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Carrots Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Sweetcorn Lettuce Tomato Cucumber Spring Onion Mixed Peppers	
DESSERT	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	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 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 Wate	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	