

# WEEK 3

## CHOICES MENU WITH VEGETARIAN OPTION

	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	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	Caribbean Chicken with Savoury Rice	Cheese & Tomato Pizza with Pasta	Macaroni Cheese Garlic & Herb Bread	Tandoori or Plain Chicken Chunks 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	Cheese & Tomato Quiche with Potatoes	Caribbean Quorn with Savoury Rice	Broccoli Cauliflower Pasta	Cauliflower Crunch with Potatoes	Quorn Meatballs in Gravy with Potatoes
Vegetables	Sweetcorn Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Broccoli Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Mange Tout Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Beetroot Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Mixed Vegetables 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
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

# 123 with Vegetarian option

## 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.



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THE NEW FUEL ZONE MENU  
STARTS 21 OCTOBER 2019

# WEEK 1

## CHOICES MENU WITH VEGETARIAN OPTION

	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	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	Chicken Chow Mein	Baked Beans on Toast	Chicken Burger in a Bun Spiced or Plain Diced Potatoes	Fish Fingers Oven Chips or 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	Tropical Sweet & Sour Quorn with Rice	Quorn Sausage in Gravy with Potatoes	Falafel Salad Wrap	Vegetable Spaghetti Bolognese Garlic & Herb Bread	Broccoli Quiche with Potatoes
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
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 Water

# WEEK 2

## CHOICES MENU WITH VEGETARIAN OPTION

	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	Fish Fingers Oven Chips or Potatoes	Chicken Curry with Rice	Steak Pie with Potatoes	Chicken Fajita
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 Pizzini 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
VEGETARIAN OPTION	Macaroni Cheese Garlic & Herb Bread	Cheesy Potato Bake	Vegetable Curry with Rice	Cheese & Rice Loaf	Quorn Fajita
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
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