

WEEK 3

CHOICES MENU

	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 Enchiladas	Macaroni Cheese Garlic & Herb Bread	Chicken Curry with Rice	Mince Pie with Potatoes	Chicken Pasta Garlic & Herb Bread
CHOICE 2	Hot Dog Sausage & Onions Herb or Plain Potato Wedges	Baked Beans on Toast	Tuna Pasta Salad	Cheese & Tomato Pizza 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
VEGETABLES	Broccoli Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Vegetable Medley Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Spiced Onion Salad Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Carrot Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Garden Peas 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 choice

SECONDARY MENU Weekly Cycle 2019

WEEK 1	15/4	6/5	27/5	17/6	12/8	2/9	23/9
WEEK 2	22/4	13/5	3/6	24/6	19/8	9/9	30/9
WEEK 3	29/4	20/5	10/6		26/8	16/9	7/10

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

 [WWW.TWITTER.COM/FUELZONEGLASGOW](http://www.twitter.com/fuelzoneglasgow) 



THE NEW SPRING/SUMMER MENU
STARTS 15 APRIL 2019

WEEK 1

CHOICES MENU

WEEK 2

CHOICES MENU

	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	Chilli Chicken Pitta Bread	Sausages in Gravy with Potatoes	Chicken Curry with Rice	Lasagne Garlic & Herb Bread	Roast Chicken Yorkshire Pudding with Potatoes
CHOICE 2	Cheese & Tomato Pizza with Pasta	Chicken & Rice with Crusty Bread	Fish Fingers Oven Chips or Potatoes	Chicken Burger in a bun Spiced or Plain Diced Potatoes	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	Mixed Vegetables Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Baked Beans Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Tomato & Onion Salad Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Sweetcorn Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Turnip 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

	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	Beef Curry with Rice	Macaroni Cheese Garlic & Herb Bread	Meatballs in Tomato Sauce with Pasta	Roast Beef & Yorkshire Pudding Roast Potatoes	Breaded Fish with Potatoes
CHOICE 2	Tandoori or Plain Chicken Chunks Salad Wrap Herb or Plain Diced Potatoes	Fish Cake with Potatoes	Cheese & Tomato Pizinni Herb or Plain Potato Wedges	Baked Beans on Toast	BBQ Chicken Breast in a Bun 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 Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Coleslaw Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Green Beans Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Broccoli Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Beetroot 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