

# WEEK 3

## CHOICES MENU WITH VEGETARIAN OPTION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	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
<b>CHOICE 1</b>	Chicken Enchiladas	Macaroni Cheese Garlic & Herb Bread	Chicken Curry with Rice	Mince Pie with Potatoes	Chicken Pasta Garlic & Herb Bread
<b>CHOICE 2</b>	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
<b>CHOICE 3 DELI</b>	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
<b>VEGETARIAN OPTION</b>	Quorn Enchiladas	Cauliflower Crunch with Potatoes	Quorn Fajita	Cheese & Tomato Quiche with Potatoes	Quorn Pasta Garlic & Herb Bread
<b>VEGETABLES</b>	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	Carrots Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Garden Peas Lettuce Tomato Cucumber Spring Onion Mixed Peppers
<b>DESSERT</b>	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
<b>DRINKS</b>	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 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.



THE NEW SPRING/SUMMER MENU  
STARTS 15 APRIL 2019

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

# WEEK 1

## CHOICES MENU WITH VEGETARIAN OPTION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	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
<b>CHOICE 1</b>	Chilli Chicken Pitta Bread	Sausages in Gravy with Potatoes	Chicken Curry with Rice	Lasagne Garlic & Herb Bread	Roast Chicken Yorkshire Pudding with Potatoes
<b>CHOICE 2</b>	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
<b>CHOICE 3 DELI</b>	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
<b>VEGETARIAN OPTION</b>	Vegetable Chilli Pitta Bread	Quorn Sausages in Gravy with Potatoes	Broccoli Quiche with Potatoes	Vegetable Lasagne Garlic & Herb Bread	Vegetable Moussaka
<b>VEGETABLES</b>	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
<b>DESSERT</b>	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
<b>DRINKS</b>	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
<b>SOUP</b>	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
<b>CHOICE 1</b>	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
<b>CHOICE 2</b>	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
<b>CHOICE 3 DELI</b>	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
<b>VEGETARIAN OPTION</b>	Vegetable Curry with Rice	Mediterranean Quiche with Potatoes	Quorn Meatballs in Tomato Sauce with Pasta	Cheesy Potato Bake	Broccoli Cauliflower Pasta
<b>VEGETABLES</b>	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
<b>DESSERT</b>	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
<b>DRINKS</b>	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