

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	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
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 choice

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

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

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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

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

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MONDAY

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WEDNESDAY

THURSDAY

FRIDAY

SOUP

Homemade Soup Selection of Bread

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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 Pizinni with Pasta

CHOICE 3
DELI

Sandwich or Baked Potato with Filling of the Day

Sandwich or Baked Potato with Filling of the Day

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Sandwich or Baked Potato with Filling of the Day

Sandwich or Baked Potato with Filling of the Day

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

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