

WEEK 3

CHOICES HALAL 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	Salmon Nibbles Herb or Plain Potato Wedges	Halal Chicken Curry with Rice	Breaded Fish with Potatoes	Halal Meatballs in Gravy with Potatoes
CHOICE 2	Baked Beans on Toast	Halal Caribbean Chicken with Savoury Rice	Cheese & Tomato Pizza with Pasta	Macaroni Cheese Garlic & Herb Bread	Halal Chilli Chicken Wrap 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 Halal 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.



WWW.TWITTER.COM/FUELZONEGLASGOW



THE NEW FUEL ZONE MENU
STARTS 21 OCTOBER 2019

WEEK 1

CHOICES HALAL 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	Tropical Sweet & Sour Quorn with Rice	Quorn Sausages in Gravy with Potatoes	Halal Roast Chicken Yorkshire Pudding with Potatoes	Halal Lamb Spaghetti Bolognaise Garlic & Herb Bread	Halal Chicken Pie with Potatoes
CHOICE 2	Cheese & Tomato Pizza Herb or Plain Potato Wedges	Halal Chicken Chow Mein	Baked Beans on Toast	Keema 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	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 HALAL 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	Macaroni Cheese Garlic & Herb Bread	Fish Fingers Oven Chips or Potatoes	Halal Chicken Curry with Rice	Halal Lamb Pie with Potatoes	Halal Chicken Fajita
CHOICE 2	Omelette Spiced or Plain Diced Potatoes	Halal Chicken Arrabiata with Pasta	Quorn Dog & Onions Herb or Plain Potato Wedges	Halal Sweet Chilli 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
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