

THE DINER @ FITZHARRYS

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Vegetable Bolognese with Garlic Bread	Chicken and Bacon Pizza with Potato Wedges	Roast Chicken with Yorkshire Pudding	Spaghetti Bolognese with Garlic Bread	Crispy Battered Fish
VEGETARIAN DISH	Moroccan Three Bean Casserole	Macaroni Cheese with Garlic Bread	Roasted Quorn Fillet	Vegetable Korma with Rice & Naan Bread	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Strawberry Mousse Or Fresh Fruit	Chocolate Cornflake Crunch Or Fresh Fruit	Lemon Drizzle Cake Or Fresh Fruit	Chocolate Chip Cookie Or Fresh Fruit	Choc Ice Or Fresh Fruit

THE DINER @ FITZHARRYS

WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Mild Creamy Pepper and Mushroom Curry With Poppadom's	Crispy Chicken Burger served with Wedges and Slaw	Roast Chicken with Yorkshire Pudding	Mild Chilli with Rice & Nachos and Cheese	Golden Crispy Chicken Nuggets
VEGETARIAN DISH	Margaritta Pizza with Herby Potato Wedges	Mild Vegetable Chilli with Nachos and Cheese	Roasted Quorn Fillet	Cheese and Tomato Pasta Bake	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Fruit Flavoured Jelly or Fresh Fruit	Iced Topped Shortbread Or Fresh Fruit	Chocolate Brownie Or Fresh Fruit	Cherry Flapjack Or Fresh Fruit	Choc Ice Or Fresh Fruit

THE DINER @ FITZHARRYS

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pasta Bake	Creamy Chicken Korma with Rice & Naan Bread	Roast Chicken with Yorkshire Pudding	Beef Enchiladas with Potato Wedges	Crispy Battered Fish
VEGETARIAN DISH	Vegetable Hoi Sin Egg Noodles	Vegan Sausage Roll with Parmenter Potatoes	Roasted Quorn Fillet	Creamy Cauliflower Cheese with Garlic Bread	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Original Flapjack Or Fresh Fruit	Lemon Shortbread Or Fresh Fruit	Iced Sprinkle Cake Or Fresh Fruit	Caramel and White Chocolate Krispie Cake Or Fresh Fruit	Choc Ice Or Fresh Fruit