



THE FITZ DINER



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese and tomato pasta bake, served with mixed salad and garlic bread. (WHEAT, MILK)	Pork meatballs served with fluffy rice and corn on the cob. (EGG, WHEAT)	Roast chicken or sausages served with roast potatoes, seasonal veg, and Yorkshire pudding. (SOYA, WHEAT, EGG)	Minced beef lasagne served with leafy salad and garlic bread. (WHEAT, MILK)	Southern fried chicken pieces with French fries. (CELERY, GLUTEN)
VEGETARIAN MAIN MEAL	Vegan plant burger with sweet potato fries and mixed salad.	Vegan balls served with fluffy rice and corn on the cob. (SOYA)	Vegan sausage served with roast potatoes and seasonal veg. (SOYA, WHEAT)	Veggie lasagne served with leafy salad and garlic bread. (WHEAT, MILK)	Battered fish with French fries, or Vegan nuggets with French fries. (FISH, WHEAT, MUSTARD) / (WHEAT, SOYA)



THE FITZ DINER



WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Macaroni cheese served with garlic bread and salad. (WHEAT, MILK)	Chicken curry with basmati rice and poppadom. (MILK)	Roast chicken or sausages served with roast potatoes, seasonal veg, and Yorkshire pudding. (SOYA, WHEAT, EGG)	Jerk chicken thighs with veggie rice. (BARLEY)	Southern fried chicken pieces with French fries. (CELERY, GLUTEN)
VEGETARIAN MAIN MEAL	Jacket potato with various fillings: beans, cheese, tuna. (MILK, FISH, EGG)	Vegan curry with basmati rice and poppadom. (WHEAT, SOYA)	Vegan sausage served with roast potatoes and seasonal veg. (SOYA, WHEAT)	Vegan jerk fillet with veggie rice. (WHEAT, BARLEY, SOYA)	Battered fish with French fries, or Vegan nuggets with French fries. (FISH, WHEAT, MUSTARD) / (WHEAT, SOYA)



THE FITZ DINER



WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese and onion pizza served with wedges and salad. (GLUTEN, MILK)	Beef burger with herby diced potatoes. (GLUTEN, SOYA, SULPHUR DIOXIDE)	Roast chicken or sausages served with roast potatoes, seasonal veg, and Yorkshire pudding. (SOYA, WHEAT, EGG)	Beef chilli with nachos and an option of cheese. (MILK)	Southern fried chicken pieces with French fries. (CELERY, GLUTEN)
VEGETARIAN MAIN MEAL	Vegan roll served with wedges and salad. (WHEAT, SOYA, BARLEY)	Veggie burger with herby diced potatoes. (WHEAT)	Vegan sausage served with roast potatoes and seasonal veg. (SOYA, WHEAT)	Nachos with salsa and an option of cheese. (MILK)	Battered fish with French fries, or Vegan nuggets with French fries. (FISH, WHEAT, MUSTARD) / (WHEAT, SOYA)