



THE FITZ DINER



WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese, Tomato and Basil Pasta Bake with Garlic Bread and Side Salad (MILK, WHEAT, GLUTEN)	Chicken Korma with Jasmine Rice and a Poppadom (MILK)	Roast Chicken with Yorkshire Pudding, Roast Potato's and Vegetables (EGG, WHEAT, MILK)	Spaghetti Bolognaise with Garlic Bread (WHEAT, MILK)	Crispy Battered Fish (WHEAT, FISH, MUSTARD) or Chicken Strips With Chips (WHEAT, CELERY)
VEGETARIAN DISH	Vegan Roll with Herby Potato Wedges and Side Salad (WHEAT, BARLEY, SOYA)	Veggie Curry with Jasmine rice and a Poppadom	Vegan Sausages with Roast Potato's and Vegetables (SOYA, WHEAT)	Veggie Bolognaise with Garlic Bread (WHEAT, SOYA, BARLEY)	Vegan Nuggets And chips (WHEAT, GLUTEN)

Grab and Go Menu

Cheese & Crackers £1.20 **Custard Pot £1.20** **Sandwiches £1.60** **Pasta Pot £2** **Ham & Cheese Pot £1.50**
Fruit Pot £1.50 **Granola & Fruit £1.50** **Salad Pot £2.80** **Chicken Pot £2** **Yogurts £1.10**
Jelly Pot £1 **Baguettes £2.80** **Houmous and Veg £1.50** **Wraps £1.60**

*****GLUTEN FREE OPTIONS & VEGAN AVAILABLE PLEASE LET A MEMBER OF STAFF KNOW 1ST BREAK IF YOU REQUIRE A HOT MEAL OR COLD FOOD**



THE FITZ DINER

WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Margarita Pizza with Spiced Wedges and Corn on the Cob (WHEAT, GLUTEN, MILK,)	Spicy Tomato Meat Balls with Rigatoni Pasta (WHEAT, EGG)	Roast Chicken with Yorkshire Pudding, Roast Potato's and Vegetables (EGG, WHEAT, MILK)	Mild Chilli with Nachos with an Option of Cheese (MILK)	Southern fried Chicken and Chips (WHEAT, CELERY) Fish and Chips (WHEAT, FISH, MUSTARD)
VEGETARIAN DISH	Veggie Pizza with Spiced Wedges and Corn on the cob (WHEAT, GLUTEN, MILK)	Vegan Balls in a Tomato Sauce with Rigatoni Pasta (BARLEY, SOYA)	Vegan Sausages with Roast Potato's and Vegetables (SOYA, WHEAT)	Vegan Chilli Nachos with an option of Cheese (SOYA, BARLEY, MILK)	Vegan Nuggets and Chips (WHEAT, GLUTEN)

Grab and Go Menu

Cheese & Crackers £1.20

Custard Pot £1.20

Sandwiches £1.60

Pasta Pot £2

Ham & Cheese Pot £1.50

Fruit Pot £1.50

Granola & Fruit £1.50

Salad Pot £2.80

Chicken Pot £2

Yogurt £1.10

Jelly Pot £1

Baguettes £2.80

Houmous and Veg £1.50

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THE FITZ DINER

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cherry Tomato and Pesto Pasta with Garlic Bread and Side Salad (WHEAT, MILK)	Tandoori Chicken Curry with Rice and Naan Bread (MILK, WHEAT)	Roast Chicken with Yorkshire Pudding, Roast Potato's and Vegetables (EGG, WHEAT, MILK)	Minced Beef Lasagne served with Garlic Bread and Side Salad (MILK, WHEAT,)	Chicken Pieces and Chips (WHEAT, CELERY) Fish and Chips (WHEAT, FISH, MUSTARD)
VEGETARIAN DISH	Vegan Plant Burger with Sweet Potato Wedges and Side Salad (WHEAT, GLUTEN)	Sweet Potato and Pepper Korma with Rice and Naan Bread (WHEAT)	Vegan Sausages with Roast Potato's and Vegetables (SOYA, WHEAT)	Veggie Lasagne served with Garlic Bread and Side Salad (WHEAT, MILK)	Vegan Veggie Fingers and Chips (WHEAT)

Grab and Go Menu

Cheese & Crackers £1.20 Custard Pot £1.20 Sandwiches £1.60 Pasta Pot £2 Ham & Cheese Pot £1.50
 Fruit Pot £1.50 Granola & Fruit £1.50 Salad Pot £2.80 Chicken Pot £2
 Jelly Pot £1 Baguettes £2.80 Houmous and Veg £1.50 Yogurt £1.10

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