

THE DINER @ JOHN MASON

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pasta Bake served with Mixed Leaf Salad	BBQ Turkey Meatballs served with Fluffy Rice	Roast Chicken with Yorkshire Pudding	Minced Beef Lasagne with Garlic Bread	Crispy Battered Fish with oven Baked Chips
VEGETARIAN DISH	Cheesy Bean Burrito with Wholegrain Rice	Mediterranean Vegetable Ragu with Gnocchi & Garlic Bread	Roasted Quorn Fillet with Yorkshire Pudding	Vegetable Lasagne 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	Chocolate Mousse Or Fresh Fruit	Chewy Oaty Cookie Or Fresh Fruit	Mixed Fruit Flapjack Or Fresh Fruit	Fudge Muffins Or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Vegemince Chilli with Yellow Rice	Thai Red Chicken Curry with Mixed Rice	Sausage Roast with Yorkshire Pudding	Bolognaise Pasta Bake served with Garlic Bread	Golden Crispy Chicken Nuggets with oven Baked Chips
VEGETARIAN DISH	Mac & Cheese Topped with Crispy Onions Served with Garlic Bread	Spaghetti with Roasted Vegetables in Herby Tomato Sauce	Vegetarian Sausage Roast with Yorkshire Pudding	Thai Red Vegetable Curry with Mixed Rice	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	Chocolate Topped Flapjack Or Fresh Fruit	Lemon Muffin Or Fresh Fruit	Mixed Fruit Cookie Or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Red Onion Pizza served with Garlic and Herb Wedges	Chicken Burger served with Diced Herby Potatoes	Roast Chicken with Yorkshire Pudding	Butchers Sausages with Mashed Potato and Gravy	Crispy Battered Fish with oven Baked Chips
VEGETARIAN DISH	Vegetable Bolognaise Pasta Bake	Vegetable Burger served with Diced Herby Potatoes	Roasted Quorn Fillet with Yorkshire Pudding	Vegetarian Sausages with Mashed Potato and Gravy	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	Sticky Original Flapjack Or Fresh Fruit	Apple Crumble Or Fresh Fruit	Chocolate Chip Cookie Or Fresh Fruit	Rainbow Sprinkled Sponge Or Fresh Fruit	Choc Ice Or Fresh Fruit