

# THE DINER @ JOHN MASON

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pasta Bake with Garlic Bread	Chicken Korma served with Basmati Rice	Roast Chicken with Yorkshire Pudding	Spaghetti Bolognaise served with Garlic Bread	Crispy Battered Fish
VEGETARIAN DISH	Mediterranean Quorn served with New Potatoes	Vegetable Burrito served with Spicy Rice and Slaw	Roasted Quorn Fillet	Tomato and Pepper Pizza served with Potato Wedges	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	Lemon Shortbread Biscuit Or Fresh Fruit	Carrot Cake Muffins Or Fresh Fruit	Chocolate Chip Cookie Or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Tomato and Pesto Pizza served with Garlic and Herb Potato Wedges	Cajun Style Chicken served with Roasted Vegetables	Sausage Roast with Yorkshire Pudding	Chicken and Pesto Pasta	Golden Crispy Chicken Nuggets
VEGETARIAN DISH	Vegetarian Hot Dog served with Garlic and Herb Wedges	Vegetable Meatballs in a Tomato Sauce served with Rigatoni	Vegetarian Sausage Roast with Yorkshire Pudding	Vegetable Bolognese 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	Fruit Flavoured Jelly or Fresh Fruit	Original Flapjack Or Fresh Fruit	White Chocolate Muffins Or Fresh Fruit	Ginger Shortbread Biscuits Or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Roasted Vegetables and Pesto Pasta with Garlic Bread	Juicy Beefburger served with Herby Potatoes	Roast Chicken with Yorkshire Pudding	Chicken Meatballs in a Tomato Sauce served with Rigatoni	Crispy Battered Fish
VEGETARIAN DISH	Sweet Potato and Spinach Curry	Creamy Tuna and Sweetcorn Pasta Bake	Roasted Quorn Fillet	Vegetarian Burger served with Potato Wedges	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	Cranberry Flapjack Or Fresh Fruit	Chocolate Chip Cookie Or Fresh Fruit	Mixed Fruit Shortbread Or Fresh Fruit	White Chocolate Krispie Cake Or Fresh Fruit	Choc Ice Or Fresh Fruit