

THE DINER @ JOHN MASON

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pasta Bake With Garlic Bread	Juicy Beefburger served with Chunky Potato Wedges	Roast Chicken with Yorkshire Pudding and Roast Potatoes	Italian Style Meatballs served with Rice	Crispy Battered Fish and Oven Baked Chips
VEGETARIAN DISH	Vegan Sausage Roll with Parmentier Potatoes	Garlic and Herb Roasted Vegetables with Lightly spiced Cous Cous	Roasted Quorn Fillet with Yorkshire Pudding and Roast Potatoes	Italian Style Vegetarian Meatballs served with Rice	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables
DESSERT OR FRESH FRUIT	Strawberry Mousse Or Fresh Fruit	Chocolate topped Flapjack Or Fresh Fruit	Sticky Ginger Cake Or Fresh Fruit	White Chocolate and Cranberry Cookie Or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cherry Tomato and Fresh Basil Topped Pizza with Slaw and Wedges	Chicken and Bacon Lasagne with Garlic Bread	Roast Chicken with Yorkshire Pudding and Roast Potatoes	All Day Breakfast served with Hash Browns	Golden Crispy Chicken Nugget and Oven Baked Chips
VEGETARIAN DISH	Spinach and Chickpea Tikka Masala served with Plain rice	Vegetable Lasagne served with Garlic Bread	Roasted Quorn Fillet with Yorkshire Pudding and Roast Potatoes	Vegetarian All Day Breakfast with Hash Browns	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables
DESSERT OR FRESH FRUIT	Fruit Flavoured Jelly or Fresh Fruit	Cherry Shortbread Or Fresh Fruit	St Clements Cake With Drizzled Icing Or Fresh Fruit	Original Flapjack with a hint of Ginger 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 Tomato Pasta Bake	Bolognaise Pasta Bake served with Garlic Bread	Roast Chicken with Yorkshire Pudding and Roast Potatoes	Sweet Chilli Chicken served with Potato Wedges	Crispy Battered Fish and Oven Baked Chips
VEGETARIAN DISH	Vegetable Korma served with Rice and Naan Bread	Vegan Meatballs on a bed of Fluffy Rice	Roasted Quorn Fillet with Yorkshire Pudding and Roast Potatoes	Roasted Mediterranean Vegetable Pasta Bake with Garlic Bread	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables
DESSERT OR FRESH FRUIT	Chocolate Mousse Or Fresh Fruit	Fruity Flapjack Or Fresh Fruit	Carrot Cake Or Fresh Fruit	Chocolate Krispie Cake Or Fresh Fruit	Choc Ice Or Fresh Fruit