

THE DINER @ JOHN MASON

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pasta Bake	Cajun Chicken Wraps with Peppers and Onion	Roast Chicken with Yorkshire Pudding	Very mild Chilli con Carne with Rice and Tortilla Chips	Battered Fish or Chicken Nuggets
VEGETARIAN DISH	Mediterranean Pasta Bake	Cajun Quorn Wraps	Roasted Quorn Fillet	Vegetable Chilli con Carne with Rice and Tortilla Chips	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	Mixed Fruit Shortbread Or Fresh Fruit	Chocolate Krispy Cake Or Fresh Fruit	Original Flapjack Or Fresh Fruit	Ice Cream Or Fresh Fruit

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WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pizza	Chicken Burger in a Bun served with Potato Wedges	Roasted Gammon Ham with Yorkshire Pudding	Crispy Chicken Chunks served with a Sweet n Sour Sauce	Fish Fingers Or Chicken Nuggets
VEGETARIAN DISH	Mediterranean Vegetable Pizza	Vegetable Burger in a Bap with Potato Wedges	Roasted Quorn Fillet	Vegetable Sweet n Sour	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	Lemon Drizzle Sponge Or Fresh Fruit	Chocolate and Vanilla Shortbread Or* Fresh Fruit	Chewy Oat Cookie Or Fresh Fruit	Ice Cream* Or Fresh Fruit

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WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Tomato, Pepper and Basil Pasta Bake	Minced Beef Lasagne with Garlic Bread	Roast Chicken with Yorkshire Pudding	Mild Chicken Curry with Rice and Poppadum	Battered Fish* or Chicken Nuggets
VEGETARIAN DISH	Margarita Stone baked Pizza	Vegetable Lasagne with Garlic Bread	Roasted Quorn Fillet	Vegetable Chickpea Curry	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	Orange Flavoured Jelly Or Fresh Fruit	Golden Cornflake Cookie Or Fresh Fruit	Chocolate Shortbread Or Fresh Fruit	White Chocolate and Vanilla Sponge Or Fresh Fruit	Ice Cream* Or Fresh Fruit