

THE DINER @ JOHN MASON

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Creamy Chicken Korma with Poppadum's	Italian Style Meatballs in a Tomato Sauce	Chicken, Gammon and Leek Pie	Roast Topside of Beef with Yorkshire Pud	Battered Fish Or Fish Fingers
VEGETARIAN DISH	Cheese and Tomato Pizza	Sweet n Sour Sauce with Quorn Pieces	Sweet Potato and Chickpea Curry	Cheese and Tomato Pasta	Vegetarian Hot Dog
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	Mixed Fruit Muffin Or Fresh Fruit	Cookie of the Day Or Fresh Fruit	Bakewell Tart Or Fresh Fruit	Fruity Flapjack Or Fresh Fruit	Ice Cream Or Fresh Fruit

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BBQ Chicken Wraps with a Sticky BBQ Sauce	Italian Style Minced Beef Lasagne with Garlic Bread	Sweet n Sour Chicken served with Prawn Crackers	Roast Chicken with Sage and Onion Stuffing	Battered Fish Or Fish Fingers
VEGETARIAN DISH	Creamy Cauliflower Cheese	Cheese and Tomato Pasta	Creamy Vegetable Korma	Vegetable Bake	Vegetarian Toad in the Hole
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 Or YOGHURT	Fruit Sponge or Fresh Fruit	Apple Crumble Or Fresh Fruit	Carrot Cake Muffin Or Fresh Fruit	Chocolate Chip Brownie Or Fresh Fruit	Ice Cream Or Fresh Fruit

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Creamy Chicken and Bacon Pasta	Moroccan Style Lamb with Fruity Cous Cous	Spaghetti Bolognese with Garlic Bread	Roast Loin Of Pork With Apple Sauce	Battered Fish Or Fish Fingers
VEGETARIAN DISH	Creamy Macaroni Cheese	Cheese & Tomato Pizza	Mediterranean Pasta Bake	Vegetarian Shepherd's Pie	Vegetable Chilli Con Carne
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	Apple and Blackberry Crumble & Custard Or Fresh Fruit	Lemon Sponge with Vanilla Sauce Or Fresh Fruit	Fruit filled Flapjack Or Fresh Fruit	Fruit Filled Muffin Or Fresh Fruit	Ice Cream Or Fresh Fruit