

# THE DINER @ JOHN MASON

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Roasted Vegetable Pasta Bake	Crispy Chicken Bites served with a sweet n sour Sauce	Roast Chicken with Yorkshire Pudding	Pepperoni and Pesto Pizza	Crispy Battered Fish
VEGETARIAN DISH	Vegetarian Meatballs served with Rice	Vegetable Lasagne served with Garlic Bread	Roasted Quorn Fillet	Vegetarian Sausage and Mash	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 Shortbread Or Fresh Fruit	Chocolate Krispy Cake Or Fresh Fruit	Chewy Oaty Cookie Or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pasta Bake	Mild Chicken Curry served on a bed of Rice	Roast Chicken with Yorkshire Pudding	Minced Beef Lasagne with Garlic Bread	Golden Crispy Chicken Nuggets
VEGETARIAN DISH	Sweet Potato and Chickpea Curry served with Rice	Mediterranean Vegetable Pasta	Roasted Quorn Fillet	Vegetable and Cheese Bake	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	Marshmallow Crispy Cake or Fresh Fruit	Carrot Cake Or Fresh Fruit	Original Flapjack Or Fresh Fruit	Fruit Flavoured Jelly Or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Pepper and Mushroom and Pesto Pizza	Italian Style Meatballs on a bed of Rice	Roast Chicken with Yorkshire Pudding	Mediterranean Chicken Pasta	Crispy Battered Fish
VEGETARIAN DISH	Vegan Penne Bolognaise	Maccaroni Cheese with Garlic Bread	Roasted Quorn Fillet	Vegan Chilli con Carne with 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	Fruity Flapjack Or Fresh Fruit	Double Chocolate Cake Or Fresh Fruit	Cherry Bakewell Shortbread Or Fresh Fruit	Apple Crumble with Custard Or Fresh Fruit	Choc Ice Or Fresh Fruit