

THE DINER @ JOHN MASON

WEEK 1 24 Feb, 16 Mar, 20 Apr, 11 May, 8 Jun, 29 Jun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY * Gluten Free Option
MAIN COURSE	Crispy Battered Chicken Nuggets*	Minced Beef Lasagne with Garlic Bread*	Roast Chicken/Quorn with Sage and Onion Stuffing*	BBQ Chicken Pizza on a Sourdough Base	Battered Fish* Or Fishy Fish Cake
VEGETARIAN DISH	Quorn Chunks in Stir Fried Vegetables*	Vegetarian Pizza*	Vegetable Lasagne	Cheese and Tomato Pasta*	Vegetable Curry with Poppadum*
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 Chip Cookie* Or Fresh Fruit	Apple and Blackberry Crumble* Or Fresh Fruit	Banana Flapjack Or Fresh Fruit	Lemon and Cherry Shortbread* Or Fresh Fruit	Ice Cream* Or Fresh Fruit

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WEEK 2 2 Mar, 23 Mar 27 Apr, 18 May 15 Jun, 6 Jul	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY * Gluten Free Option
MAIN COURSE	BBQ Chicken Wrap *	Mexican Chilli Con Carne with Rice*	Roasted Gammon Ham/Quorn*	Charcoaled Chicken covered in a Sweet n Sour Sauce*	Battered Fish* Or Fish Fingers*
VEGETARIAN DISH	Creamy Macaroni Cheese	Mediterranean Pasta Bake*	Vegetable Chow Mein	Jacket Potato Cheese and Beans*	Vegetable Chilli with Rice*
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	Chocolate and Ginger Cookie* or Fresh Fruit	Fruity Flapjack Or Fresh Fruit	Apple and Sultana Sponge Or * Fresh Fruit	Chocolate Krispie Or Fresh Fruit	Ice Cream* Or Fresh Fruit

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WEEK 3 9 Mar, 30 Mar 4 May, 1 June 22 June, 13 July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY *Gluten Free Option
MAIN COURSE	Chicken Tikka Masala served *with Naan Bread	Bolognaise Pasta Bake with a Cheesy Topping *	Roast Pork /Quorn served with Sage and Onion Stuffing *	Chicken, Garlic and Herb Pasta Bake *	Battered Fish* Or Fishy Fishcake
VEGETARIAN DISH	Mediterranean Vegetable Pizza*	Creamy Vegetable Korma*	Cheese and Onion Pasty	Vegetarian Shepherds Pie*	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	Apple Crumble* Or Fresh Fruit	Belgian Waffle with Banana & Chocolate Sauce Or Fresh Fruit	Chocolate and Vanilla Sponge* Or Fresh Fruit	Mixed Fruit Cookie* Or Fresh Fruit	Ice Cream* Or Fresh Fruit