

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

THE DINER @ JOHN MASON

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

THE DINER @ JOHN MASON

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