

# THE DINER@ JOHN MASON

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Korma with Poppadum's	Spaghetti Bolognese with Garlic Bread	Roast Chicken or Roast Quorn with Stuffing	Butcher's Beefburger in a Bun	Battered Fish or Fish Fingers
VEGETARIAN DISH	Cheese and Tomato Pizza	Vegetable Pasta Bake	or Vegetable Bolognese	Vegetable Lasagne	Cheese and Beans on a Baked Potato
GLUTEN FREE	Chicken Korma with Poppadum's	Spaghetti Bolognese	Quorn Roast ✓	Butcher's Beefburger in a Bun	Battered Fish
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 Sponge or Fresh Fruit	Mixed Fruit Cookie or Fresh Fruit	Chocolate Delight or Fresh Fruit	Cherry Flapjack or Fresh Fruit	Ice Cream or Fresh Fruit

Please note we offer packed lunches as an alternative to the hot lunches. They are served on white or wholemeal bread with a choice of the following fillings Cheese, Egg Mayo, Ham or Tuna Mayo. Please note that gluten free rolls are available.

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Butcher's Sausage and Mash with a Onion Gravy	Chicken and Ham Pasta Bake with Garlic Bread	Roast Beef or Roast Quorn with Yorkshire Pudding	Ham & Pineapple Sourdough Pizza	Battered Fish or Fish Fingers
VEGETARIAN DISH	Macaroni Cheese with Crusty Bread	Vegetable Korma with Poppadum's	or Cheese and Tomato Pinwheel	Margarita Sourdough Pizza	Vegetable Burger in a Bun
GLUTEN FREE	Sausage and Mash with a Onion Gravy	Vegetable Korma with Poppadum's	Quorn Roast ✓	Margarita Pizza	Battered Fish
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 and Lemon Zest Shortbread or Fresh Fruit	Chocolate Chip Cookie or Fresh Fruit	Banana Flapjack or Fresh Fruit	Apple Crumble or Fresh Fruit	Ice Cream or Fresh Fruit

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Butchers Beef Meatballs in a rich Tomato Sauce with Penne Pasta	Chicken and Vegetable Pie	Roast Pork or Roast Quorn served with Sage and Onion Stuffing	Sweet n Sour Chicken with Prawn Crackers	Battered Fish or Fish Fingers
VEGETARIAN DISH	Sweet n Sour Quorn with Prawn Crackers	Cheese and Tomato Pasta Bake	or Creamy Cauliflower Cheese	Vegetable Pizza	Cheese and Onion Pasty
GLUTEN FREE	Sweet n Sour Quorn	Cheese and Tomato Pasta Bake	Quorn Roast ✓	Sweet n Sour Chicken with Prawn Crackers	Battered Fish
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 and Banana Cake or Fresh Fruit	Melting Moment Cookie or Fresh Fruit	Lemon Drizzle Cake or Fresh Fruit	Apple and Blackberry Crumble or Fresh Fruit	Ice Cream or Fresh Fruit

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