

# THE DINER @ JOHN MASON

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Creamy Chicken Korma with Poppadum's</b>	<b>Homemade Beef burger in a Bun</b>	<b>Chicken and Vegetable Pie</b>	<b>Roast Topside of Beef with Yorkshire Pud</b>	<b>Battered Fish Or Fish Fingers</b>
VEGETARIAN DISH	<b>Cheese and Tomato Pizza</b>	<b>Vegetable Burger in a Bun</b>	<b>Creamy Cauliflower Cheese</b>	<b>Cheese and Tomato Pasta</b>	<b>Vegetarian Lasagne</b>
POTATO & VEGETABLES	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>
DESSERT OR FRESH FRUIT	<b>Fruity Flapjack Or Fresh Fruit</b>	<b>Chocolate Sponge Or Fresh Fruit</b>	<b>Fruit Cake Or Fresh Fruit</b>	<b>Apple Pie Or Fresh Fruit</b>	<b>Ice Cream Or Fresh Fruit</b>

# THE DINER @ JOHN MASON

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Chicken Tikka Masala served with Poppadum's</b>	<b>Butcher's Sausages with Mash Potato &amp; Onion Gravy</b>	<b>Chilli Con Carne served with Tortilla Chips</b>	<b>Roast Chicken with Sage and Onion Stuffing</b>	<b>Battered Fish Or Fish Fingers</b>
VEGETARIAN DISH	<b>Sweet n Sour Sauce with Quorn Pieces</b>	<b>Vegetable Chow Mein</b>	<b>Cheese and Tomato Pizza</b>	<b>Vegetarian Cottage Pie</b>	<b>Vegetarian Sausage and Mash</b>
POTATO & VEGETABLES	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>
DESSERT OR FRESH FRUIT Or YOGHURT	<b>Golden Syrup Sponge or Fresh Fruit</b>	<b>Mince Pie with Custard Or Fresh Fruit</b>	<b>Orange Cake Muffin Or Fresh Fruit</b>	<b>Pineapple Upside Down Pudding Or Fresh Fruit</b>	<b>Ice Cream Or Fresh Fruit</b>

# THE DINER @ JOHN MASON

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Italian Style Meatballs in a Rich Tomato Sauce</b>	<b>Chicken and Bacon Carbonara</b>	<b>Crispy Cottage Pie</b>	<b>Roast Loin Of Pork With Apple Sauce</b>	<b>Battered Fish Or Fish Fingers</b>
VEGETARIAN DISH	<b>Creamy Macaroni Cheese</b>	<b>Mushroom Risotto</b>	<b>Cheese and Tomato Pasta Bake</b>	<b>Vegetarian Shepherd's Pie</b>	<b>Vegetable Tikka Masala</b>
POTATO & VEGETABLES	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>
DESSERT OR FRESH FRUIT	<b>Apple and Blackberry Crumble &amp; Custard Or Fresh Fruit</b>	<b>Sticky Toffee Pudding Or Fresh Fruit</b>	<b>Chocolate Delight with Fruit Or Fresh Fruit</b>	<b>Bread Fruity Pudding Or Fresh Fruit</b>	<b>Ice Cream Or Fresh Fruit</b>