

THE DINER @ RUSH COMMON

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken Korma with Poppadum's	Spaghetti Bolognese with Garlic Bread	Roast Chicken with Stuffing	Butcher's Beefburger in a Bun Gluten free beef burger available	Battered Fish or Fish Fingers
VEGETARIAN DISH	Cheese and Tomato Pizza	Vegetable Pasta Bake	Quorn Roast	Vegetable Lasagne	Cheese and Beans on a Baked Potato
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 Cheese or Ham filling. Please note that gluten free rolls are available.

Served Daily - freshly baked bread, fresh fruit, yoghurts and fresh drinking water.

THE DINER @ Rush Common

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 with Yorkshire Pudding	Ham & Pineapple Sourdough Pizza	Battered Fish or Fish Fingers
VEGETARIAN DISH	Macaroni Cheese with Crusty Bread	Vegetable Korma with Poppadum's	Quorn roast	Margarita Pizza	Vegetable Burger in a Bun
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

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 Cheese or Ham filling. Please note that gluten free rolls are available.

Served Daily - freshly baked bread, fresh fruit, yoghurts and fresh drinking water.

THE DINER @ Rush Common

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 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	Quorn Roast	Vegetable Pizza	Cheese and Onion Pasty
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

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 Cheese or Ham filling. Please note that gluten free rolls are available.

Served Daily - freshly baked bread, fresh fruit, yoghurts and fresh drinking water.