



What's Coming

This Spring Term

Chinese Cuisine

Burns Night
Chinese New Year

Mission Nutrition

LUNCH

5 th January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal & Toast	Pancakes & Bananas	Porridge	Bacon and Beans	Fruit
MAIN MEAL	Lemon & Herb Chicken Spicy Rice Red Pepper & Mango Salsa	Glazed Gammon Lyonnaise Potatoes Gravy	Jacket Potato Bar Chicken Stroganoff Beef Chilli	British Beef Lasagne Served with Garlic Bread Slice	Fish Goujons French Fries Wraps
MAIN MEAL	Peri Peri Halloumi Wrap	Pumpkin & Mushroom Wellington	Tuna Mayonnaise Baked Beans Cheese	Mushroom, Spinach and Ricotta Lasagne	Tomato & Mascarpone Gnocchi
SIMPLE CHOICE	Jacket Potato Beans & Cheese	Sun Dried Tomato Pesto Pasta	Pasta with a Tomato and Basil Sauce	Jacket Potato Beans & Cheese	Seafood Paella
SIDES	Green Beans Sweet Peppers	Glazed Carrots Sautee Savoy Cabbage	Creamed Leeks Peas	Spiced Baked Aubergine Steamed Broccoli	Cajun Baked Beans Roasted Corn
DESSERT	Fresh Fruit	Lemon & Blueberry Cake	Jelly & Fresh Yoghurt	Apple Crumble	Fresh Fruit Platter
LITTLE TEA	Marshmallow Rice Crispy Cake	Fresh Fruit Platter	Crudities & Hummus	Fresh Fruit	Cheese & Biscuits

LUNCH

12th January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Hash Brown & Baked Beans	Pancakes & Bananas	Sausage & Eggs	Cheese on Toast	Crossiant
MAIN MEAL	Teriyaki Beef with Soy Fried Noodles	Shepards Pie Lamb Mince topped with Creamy mash Potato and served with Gravy	Pasta Bar Chicken Alfredo Bolognaise Tomato & Basil Basil Pesto	Pulled Pork Barbican Tacos Potato Wedges Sour Cream, Salsa Guacamole , Jalapenos	Buttermilk Cajun Chicken Burgers French Fries
MAIN MEAL	Teriyaki Vegetables With Soy Fried Noodles	Quorn Cottage Pie Quorn mince topped with Creamy Mash Potato and served with Gravy		Jackfruit Barbican Taco	Beetroot and Feta Burger
SIMPLE CHOICE	Jacket Potato Beans & Cheese	Pasta Tomato and Red Pepper Sauce	Jacket Potato Beans & Cheese	Mac and Cheese	Smoked Haddock & Spring Onion Fishcake
SIDES	Stir Fry Chinese Cabbage Roasted Broccoli	Honey Carrots Roast Parsnip	Chili Corn Creamed Spinach	Garlic Green Beans Roasted Red Peppers	Baked Beans Corn on Cob
DESSERT	Fresh Fruit	Peach and Cherry Crumble Custard	Jelly & Yoghurt	Fruit	HMS Brownie
LITTLE TEA	Buttery Shortbread	Fresh Fruit Platter	Crudities	Carrot Cake	Fresh Fruit

LUNCH

19 th January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal & Toast	Bacon & Hash Brown	Pancake & Compote	Sausage Rolls	Beans on Toast
MAIN MEAL	Pork Meatballs Braised Rice Flatbread Harissa Tzatziki Hummus	Best of British Bangers and Mash Pork Sausage with New Potato and Onion Gravy	<u>Noodle Bar</u> Sweet & Sour Chicken Black Bean Beef	Chicken Korma Citrus Infused Rice Poppadom, Mango Chutney, Mint Raita	Breaded Fish of the day Tartar Sauce Lemon Wedge French Fries
MAIN MEAL	Spaghetti	Quorn Sausage Creamy Mash Potato	Thai Red Curry Vegetable Prawn Crackers	Vegetable Madras	Cheese and Onion Pasty
SIMPLE CHOICE	Jackets Beans and Cheese	Pasta & Rich Tomato Sauce	Jackets Beans & Cheese	Tuna Sweetcorn Pasta	Butternut Squash Risotto
SIDES	Roasted Butternut Squash Steamed Green Beans	Peas Braised Red Cabbage	Roast Broccoli Glazed Carrots	Spiced Baked Cauliflower Sautee Courgettes	Mushy Peas Baked Beans
DESSERT	Fresh Fruit Platter	Jam Tart Vanilla Sauce	Jelly & Yoghurt	Fruit Platter	Chocolate Puddle Pudding
LITTLE TEA	Marble Cake	Fresh Fruit	Crudities & Pitta	Berry Oat Bar	Cheese & Crackers