



# What's Coming

## This Spring Term

Chinese Cuisine

Burns Night  
Chinese New Year

Mission Nutrition

# LUNCH

5 <sup>th</sup> January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING BREAK</b>	Fresh Fruit & Biscuits	Pain au Chocolate	Fruit Smoothie & Biscuits	Sausage Roll	Garlic Bread
<b>MAIN MEAL</b>	Peri Peri Chicken Spicy Rice Red Pepper & Mango Salsa	Glazed Roasted Pork Loaf Lyonnaise Potatoes Gravy	Jacket Potato Bar Chicken Stroganoff Beef Chilli	British Beef Lasagne Served with Garlic Bread Slice	Best of British Pork Sausage served in a fresh Roll French Fries Crispy Onions, Gherkins, Jalapeno, Mustard
<b>MAIN MEAL</b>	Peri Peri Halloumi Wrap	Pumpkin & Mushroom Wellington	Tuna Mayonnaise Baked Beans Cheese	Mushroom, Spinach and Ricotta Lasagne	Quorn Sausage Hot Dog
<b>SIMPLE CHOICE</b>	Jacket Potato Beans & Cheese	Sun Dried Tomato Pesto Pasta	Pasta with a Tomato and Basil Sauce	Jacket Potato Beans & Cheese	Seafood Paella
<b>SIDES</b>	Green Beans Sweet Peppers	Glazed Carrots Peas	Creamed Leeks Roasted Corn	Spiced Baked Aubergine Steamed Broccoli	Cajun Baked Beans Peas
<b>DESSERT</b>	Biscoff Blondie	Apple & Blackberry flapjack Pudding Custard	Oreo Cheesecake	Raspberry & White Chocolate Sponge	Butterscotch Pudding
<b>LITTLE TEA</b>	Mallow Rice Crispy Cake	Coconut Loaf	Lemon & Blueberry Cake	Flapjack	Chocolate Muffin

# LUNCH

12 <sup>th</sup> January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING BREAK</b>	Fresh Fruit & Biscuits	Pain au Choc	Fruit Smoothie & Biscuits	Sausage Roll	Garlic Bread
<b>MAIN MEAL</b>	Teriyaki Beef with Soy Fried Noodles  Prawn Crackers	Shepards Pie  Lamb Mince topped with Creamy mash Potato and served with Gravy	Pasta Bar  Chicken Alfredo  Bolognaise	Pulled Pork Barbacoa Tacos  Potato Wedges  Sour Cream, Salsa Guacamole , Jalapenos	Buttermilk Cajun Chicken Burgers  French Fries
<b>MAIN MEAL</b>	Teriyaki Vegetables With Soy Fried Noodles	Quorn Cottage Pie  Quorn mince topped with Creamy Mash Potato and served with Gravy	Tomato & Basil	Jackfruit Barbacoa Taco	Beetroot and Feta Burger
<b>SIMPLE CHOICE</b>	Jacket Potato Beans & Cheese	Pasta Tomato and Red Pepper Sauce	Jacket Potato Beans & Cheese	Mac and Cheese	Smoked Haddock & Spring Onion Fishcake
<b>SIDES</b>	Stir Fry Chinese Cabbage Roasted Broccoli	Honey Carrots Roast Parsnip	Chili Corn Creamed Spinach	Garlic Green Beans Roasted Peppers	Baked Beans Corn on Cob
<b>DESSERT</b>	Pumkin Cake Cream Cheese Frosting	Peach and Cherry Crumble Custard	Rice Pudding	Croissant Bread and Butter Pudding Cream	Peppermint Brownie
<b>LITTLE TEA</b>	Buttery Shortbread	Chocolate Chip Sponge	Cookies	Carrot Cake	Mini Doughnut

# LUNCH

19 <sup>th</sup> January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING BREAK</b>	Fresh Fruit & Biscuits	Pain au Choc	Fruit Smoothie & Biscuits	Sausage Rolls	Garlic Bread
<b>MAIN MEAL</b>	Lamb Kofta Meatballs  Braised Rice  Flatbread Harissa Tzatziki Hummus	Best of British Bangers and Mash  Pork Sausage with Creamy Mashed 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
<b>MAIN MEAL</b>	Sweet Potato Falafel Flatbread	Quorn Sausage  Creamy Mash Potato	Thai Red Curry Vegetable Prawn Crackers	Vegetable Madras	Cheese and Onion Pasty
<b>SIMPLE CHOICE</b>	Jackets Beans and Cheese	Pasta & Rich Tomato Sauce	Jackets Beans & Cheese	Tuna Sweetcorn Pasta	Tomato and Mascarpone Gnocchi
<b>SIDES</b>	Roasted Butternut Squash Steamed Green Beans	Peas Braised Red Cabbage	Roast Broccoli Glazed Carrots	Spiced Baked Cauliflower Sautee Courgettes	Mushy Peas Baked Beans
<b>DESSERT</b>	Lemon Drizzle Cake	Jam Tart Vanilla Sauce	Banoffee	Steamed Pineapple Upside-down Pudding Custard	Chocolate Puddle Pudding
<b>LITTLE TEA</b>	Marble Cake	Gingerbread	Orange Fizz Cake	Berry Oat Bar	Fruit Muffin

# SUPPER

5 <sup>th</sup> January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>		Omelette Station Hash Browns Beans	Smoked Bacon and Waffles Fried Egg	Crumpets Smoked Bacon Poached Egg	Danish Pastry Scrambled Egg Sausages
<b>Main Course One</b>	Breaded Pork Schnitzel Mustard Cream Sauce	Spaghetti Bolognaise	Roast Lamb Yorkshire Pudding Rosemary Gravy Mint Sauce Redcurrant Jelly	Fish Goujons  Sausage in Batter	
<b>Main Course Two</b>	Breaded Quorn Schnitzel	Spaghetti Arrabbiata	Stuff Peppers	Vegetable Spring Roll	
<b>On the Side</b>	Buttered Mash Potato Sautéed Sugar Snap Pickled Red Cabbage	Garlic and Parsley Doughballs Roasted Broccoli Rocket Salad	Roast Potato Honey Carrots Green Beans	Chunky Chips Mushy Peas Pickled Onions Tartar Sauce	
<b>Dessert</b>	Crème Caramel	S'mores	Ice Cream Station	Heath Mount Mess	

# SUPPER

12<sup>th</sup> January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>		Smoked Bacon and Waffles Fried Egg	Omelette Station Hash Browns Beans	Danish Pastry Scrambled Egg Sausages	Crumpets Smoked Bacon Poached Egg
<b>Main Course One</b>	Sweet Chilli Chicken Wrap	Crisp Aromatic Hoisin Duck Bao Buns	Burger bar British Red Tracker Beef Burger with a choice of toppings	Chicken Tikka Masala  Vegetable Dansak  Coconut Rice  Naan Bread  Roasted Spice Cauliflower	
<b>Main Course Two</b>	Cajun Halloumi Wrap	Tempura Vegetable	Spicy Bean Burger		
<b>On the Side</b>	Sweet Potato Wedges Corn on Cob Coleslaw	Egg Fried Rice Crispy Seaweed Shredded Cucumber and Spring Onions	French Fries Baked Beans Lettuce, Tomato, Onion, Gherkins	Tomato, Onion and Coriander Salad  Millionaire Shortbread	
<b>Dessert</b>	Crepe Station	Homemade Doughnut Chocolate Sauce	Biscoff Mousse		
<b>EVERY DAY</b>	SELECTION OF SIMPLE SALADS FRESHLY CUT & WHOLE FRUITS				

# SUPPER

19<sup>th</sup> January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>		Danish Pastry Scrambled Egg Sausages	Crumpets Smoked Bacon Poached Egg	Omelette Station Hash Browns Beans	Smoked Bacon and Waffles Fried Egg
<b>Main Course One</b>	Shredded Beef Birria	Heath Mount Fried Chicken	Pizza Bar	Macaroni de Forno (Greek Pork Pasta Bake)	
<b>Main Course Two</b>	BBQ Pulled Jackfruit Mac and Cheese Buttered Sweetcorn Ranch Salad	Vegetarian Sausage Roll Waffle Fries Corn on Cob Rainbow Slaw	Margherita Meat Feast Spiced Baked Potatoes Beans Mixed Salad	Vegetarian Moussaka Steamed Broccoli Greek Salad	
<b>On the Side</b>					
<b>Dessert</b>	Lemon Posset	Cookie Dough and Ice Cream	Black Forest Gateau	Sticky Toffee Pudding	
SELECTION OF FRESHLY CUT & WHOLE FRUITS					