



What's Coming

This Spring Term

Chinese Cuisine

Burns Night
Chinese New Year

Mission Nutrition

LUNCH

5 th January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Fresh Fruit & Biscuits	Pain au Chocolate	Fruit Smoothie & Biscuits	Sausage Roll	Garlic Bread
MAIN MEAL	Peri Peri Chicken Spicy Rice Red Pepper & Mango Salsa	Glazed Roasted Pork Loaf Lyonnais 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
MAIN MEAL	Peri Peri Halloumi Wrap	Pumpkin & Mushroom Wellington	Tuna Mayonnaise Baked Beans Cheese	Mushroom, Spinach and Ricotta Lasagne	Quorn Sausage Hot Dog
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 Peas	Creamed Leeks Roasted Corn	Spiced Baked Aubergine Steamed Broccoli	Cajun Baked Beans Peas
DESSERT	Biscoff Blondie	Apple & Blackberry flapjack Pudding Custard	Oreo Cheesecake	Raspberry & White Chocolate Sponge	Butterscotch Pudding
LITTLE TEA	Mallow Rice Crispy Cake	Coconut Loaf	Lemon & Blueberry Cake	Flapjack	Chocolate Muffin

LUNCH

12th January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Fresh Fruit & Biscuits	Pain au Choc	Fruit Smoothie & Biscuits	Sausage Roll	Garlic Bread
MAIN MEAL	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 Tomato & Basil	Pulled Pork Barbacoa 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 Barbacoa 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 Peppers	Baked Beans Corn on Cob
DESSERT	Pumkin Cake Cream Cheese Frosting	Peach and Cherry Crumble Custard	Rice Pudding	Croissant Bread and Butter Pudding Cream	Peppermint Brownie
LITTLE TEA	Buttery Shortbread	Chocolate Chip Sponge	Cookies	Carrot Cake	Mini Doughnut


LUNCH

19th January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Fresh Fruit & Biscuits	Pain au Choc	Fruit Smoothie & Biscuits	Sausage Rolls	Garlic Bread
MAIN MEAL	Lamb Kofta Meatballs Braised Rice Flatbread Harissa Tzatziki Hummus	Best of British Bangers and Mash Pork Sausage with Creamy Mashed Potato and Onion Gravy	Noodle Bar 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	Sweet Potato Falafel Flatbread	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	Tomato and Mascarpone Gnocchi
SIDES	Roasted Butternut Squash Steamed Green Beans	Peas Braised Red Cabbage	Roast Broccoli Glazed Carrots	Spiced Baked Cauliflower Sautée Courgettes	Mushy Peas Baked Beans
DESSERT	Lemon Drizzle Cake	Jam Tart Vanilla Sauce	Banoffee	Steamed Pineapple Upside-down Pudding Custard	Chocolate Puddle Pudding
LITTLE TEA	Marble Cake	Gingerbread	Orange Fizz Cake	Berry Oat Bar	Fruit Muffin

SUPPER

5th January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Omelette Station Hash Browns Beans	Smoked Bacon and Waffles Fried Egg	Crumpets Smoked Bacon Poached Egg	Danish Pastry Scrambled Egg Sausages
Main Course One	Breaded Pork Schnitzel Mustard Cream Sauce	Spaghetti Bolognaise	Roast Lamb Yorkshire Pudding Rosemary Gravy Mint Sauce Redcurrant Jelly	Fish Goujons Sausage in Batter	
Main Course Two	Breaded Quorn Schnitzel	Spaghetti Arrabbiata	Stuff Peppers	Vegetable Spring Roll	
On the Side	Buttered Mash Potato Sautee 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	
Dessert	Crème Caramel	S'mores	Ice Cream Station	Heath Mount Mess	

SUPPER

12th January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Smoked Bacon and Waffles Fried Egg	Omelette Station Hash Browns Beans	Danish Pastry Scrambled Egg Sausages	Crumpets Smoked Bacon Poached Egg
Main Course One	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	
Main Course Two	Cajun Halloumi Wrap	Tempura Vegetable	Spicy Bean Burger		
On the Side	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		
Dessert	Crepe Station	Homemade Doughnut Chocolate Sauce	Biscoff Mousse	Tomato, Onion and Coriander Salad Millionaire Shortbread	
EVERY DAY	SELECTION OF SIMPLE SALADS FRESHLY CUT & WHOLE FRUITS				

SUPPER

19th January

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