



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 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
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	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

12 th January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Fruit & Fresh Biscuits	Pain au Choc	Fresh Fruit & Biscuits	Cheese & Crackers	Fruit Smoothie & Biscuit
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 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 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	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

19 th January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Fresh Fruit & Biscuits	Pain au Choc	Fresh Fruit & 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	<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	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	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	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

5 th January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Omelette Station Hash Browns Beans	Smoked Bacon and Waffles Fried Egg	Crumpets Smoked Bacon Poached Egg	Pain au Chocolate Scrabbled 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	Roast Vegetable Wellington	Vegetable Spring Roll	
On the Side	Buttered Mash Potato Sautéed Sugar Snap Pickled Red Cabbage	Garlic and Parsley Doughballs Roasted Broccoli Rocket Salad	Roast Potato Honey Carrots Peas	Chunky Chips Mushy Peas Pickled Onions Tartar Sauce	
Dessert	Crème Caramel	S'mores	Ice Cream Station	Sticky Toffee Pudding	

SUPPER

12th January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Smoked Bacon and Waffles Fried Egg	Omelette Station Hash Browns Beans	Smoked Bacon and Waffles Fried Egg	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	Tomato, Onion and Coriander Salad Millionaire Shortbread	
Dessert	Crepe Station	Homemade Doughnut Chocolate Sauce	Biscoff Mousse		
EVERY DAY	SELECTION OF SIMPLE SALADS FRESHLY CUT & WHOLE FRUITS				

SUPPER

19th January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Pain au Chocolat 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	Heath Mount Fried Chicken	Pizza Bar		
	BBQ Pulled Jackfruit	Vegetarian Sausage Roll	Margarita	Macaroni de Forno (Greek Pork Pasta Bake)	
Main Course Two	Mac and Cheese	Waffle Fries	Meat Feast	Vegetarian Moussaka	
	Buttered Sweetcorn	Corn on Cob	Spiced Baked Potatoes	Steamed Broccoli	
On the Side	Ranch Salad	Rainbow Slaw	Beans	Greek Salad	
			Mixed Salad		
Dessert	Lemon Posset	Cookie Dough and Ice Cream	Black Forest Gateau	Cherry Cheesecake	
SELECTION OF FRESHLY CUT & WHOLE FRUITS					