



What's Coming

This Spring Term

Chinese Cuisine

Burns Night
Chinese New Year

Mission Nutrition

LUNCH

26th January

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|--|--|--|---|---|
| Breakfast | Cereal & Toast Scrambled Egg | Pancakes & Bananas | Porridge with a Blueberry compote and Honey | Bacon and Beans | Fruit |
| MAIN MEAL | Lemon & Herb Chicken Scented Rice Red Pepper & Mango Salsa | Honey Glazed Gammon Lyonnaise Potatoes Gravy | Jacket Potato Bar Basil Chicken in a Rich Tomato Sauce Beef Chilli | British Beef Lasagne Served with Rosemary and Garlic Bread | Fish Goujons French Fries Wraps |
| MAIN MEAL | Halloumi Roasted Vegetables Cous Cous | Pumpkin & Mushroom Wellington | Tuna Mayonnaise Baked Beans Cheese | Creamy Mushroom and Spinach Risotto | Tomato & Mascarpone Gnocchi |
| SIMPLE CHOICE | Jacket Potato Beans & Cheese | Pesto Pasta | Pasta with a Tomato and Basil Sauce | Jacket Potato Beans & Cheese | Pasta in a Tomato Sauce |
| SIDES | Green Beans Sweet Peppers | Glazed Carrots Sautee Savoy Cabbage | Creamed Leeks Peas | Spiced Baked Aubergine Steamed Broccoli | Baked Beans Sweetcorn |
| DESSERT | Fresh Fruit | Lemon & Blueberry Cake | Jelly & Fresh Yoghurt | Apple Crumble | Fresh Fruit Platter |
| LITTLE TEA | Rice Crispy Cake | Fresh Fruit Platter | Crudities & Hummus | Fresh Fruit | Cheese & Biscuits |

LUNCH

2nd February

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|--|---|---|--|--|
| Breakfast | Hash Brown & Baked Beans | Pancakes & Bananas | Sausage & Eggs | Cheese on Toast | Croissant |
| 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 | Reduced sugar Vanilla Cookie | Fresh Fruit Platter | Crudities | Carrot Cake | Fresh Fruit |

LUNCH

| 9 th February | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|---|--|--|--|--|
| Breakfast | Cereal & Toast Porridge & Honey | Bean & Hash Brown | Pancake & Compote | Sausage Rolls | Beans on Toast |
| MAIN MEAL | Pork Meatballs Braised Rice Flatbread Harissa Tzatziki Hummus | <u>Noodle Bar</u> Sweet & Sour Chicken Black Bean Beef | Pork Sausage Plait Red Onion Chutney Mash Potato | Chicken Korma Citrus Infused Rice Poppadom, Mango Chutney, Mint Raita | Breaded Fish of the day Tartar Sauce Lemon Wedge French Fries |
| MAIN MEAL | Stuffed Pepper Or Vegetarian Meatballs | Thai Red Curry Vegetable Prawn Crackers | Vegetarian Sausage | Vegetable Madras | Cheese and Onion Pasty |
| SIMPLE CHOICE | Jackets Tuna and Cheese | Pasta with a Rich Tomato Sauce | Jacket Potato Beans or Cheese | Tuna Sweetcorn Pasta | Pesto Pasta |
| SIDES | Roasted Butternut Squash Steamed Green Beans | Roast Broccoli Glazed Carrots | Peas Baked Beans | Spiced Baked Cauliflower Sweetcorn | Mushy Peas Baked Beans |
| DESSERT | Fresh Fruit Platter | Jam & Coconut Tart Custard | Jelly & Yoghurt | Fruit Platter | Chocolate Puddle Pudding |
| LITTLE TEA | Marble Cake | Fresh Fruit | Crudities, Pitta & Houmous | Date & Oat Bar | Cheese & Crackers |