



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 Lyonnais 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 Sautée 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	Crudités & 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	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	Basil Pesto	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

9th 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