


Weekly menu starting from <b>15.04.24</b> <b>29.04.24</b> <b>13.05.24</b> Mission grove Three- Choice menu					
	<b>MONDAY</b> Planet Earth Day	<b>TUESDAY</b> Allergen Free Day	<b>WEDNESDAY</b> Traditional Day	<b>THURSDAY</b> World Food Day North African	<b>FRIDAY</b> Favourite Day
<b>Main Course 1</b>	Chickpea and lentil curry GF/V	Tender beef curry served with rice	Chicken and sweetcorn pie	Tagine zitoune (chicken stew with green olives and carrots GF	MSC Cod fish fingers 
<b>Main Course 2</b>	Margarita pizza V	Stuffed pepper with roast vegetable GF/V	Jacket potato served with various filling GF/V	Shakshuka (tomato, pepper, onions, and garlic) topped with eggs or without V	Chicken burger
<b>Vegetarian</b>	Samosas V	Chickpea aloo gobi served with rice	Mixed beans with roast vegetables and cheese wrap		Veggie burger
<b>Accompaniments</b>					
<b>Potato/Rice</b>	Wedges/rice	Rice	Baked beans/ cheese or Tuna mayonnaise	Masfouf (couscous with peas) or rice	Chips
<b>Vegetables</b>	Seasonal vegetables Sweetcorn	Cabbage/Diced mixed vegetables	Baby carrots/broccoli	Mixed vegetables	Peas & baked beans
<b>Salads</b>	Three fresh seasonal salads selection	Seasonal salad selection	Three fresh seasonal salads selection	Three fresh seasonal salads selection Endive	Three fresh seasonal salads selection Beetroot
<b>Desserts</b>					
<b>Fresh fruit/Yogurt</b>	Fresh fruit/Yogurt	Fresh fruit/	Fresh fruit/Yogurt	Fresh fruit/Yogurt	Fresh fruit/Yogurt
<b>Dessert</b>	Chocolate cake with chocolate sauce F.	Fruity jelly	Cheese and cracker	Basboussa (semoulina cake soaked in syrup)	Ice cream

Water and handmade Brown bread to be available at all meals.  
 Highlighted vegetables in Green are seasonal and in-season produce.

Marine Stewardship Council (MSC) is an independent non-profit organization which sets a standard for sustainable fishing.  
 All our bananas,sugar are Fairtrade certified and dishes with this symbol F .

Weekly menu starting from <b>22.04.24</b> <b>06.05.24</b> <b>20.05.24</b>  Mission grove Three- Choice menu					
	<b>MONDAY</b> Planet Earth Day	<b>TUESDAY</b> Allergen Free Day	<b>WEDNESDAY</b> Traditional Day	<b>THURSDAY</b> World Food Day Italian	<b>FRIDAY</b> Favourite Day
<b>Main Course 1</b>	Macaroni cheese <b>V</b>	Chicken curry	Chicken sausages served with mashed potato and gravy	Penne pasta with Napoli sauce <b>V</b>	MSC Cod fish fingers (pictured) 
<b>Main Course 2</b>	Jacket potato served with various filling <b>GF/V</b>		Jacket potato served with various filling <b>GF/V</b>	Beef lasagna	Chicken burger
<b>Vegetarian</b>	Samosas <b>V</b>	Butternut squash, carrot, and chickpea tajine		Rice served with roast vegetables and broad beans	Veggie burger <b>GF/V</b>
<b>Accompaniments</b>					
<b>Potato/Rice</b>	Baked beans/ cheese or Tuna mayonnaise	Rice	Baked beans/ cheese or Tuna mayonnaise		Chips
<b>Vegetables</b>	Peas & seasonal Vegetables <b>broccoli</b>	Peas and Roasted vegetables	Roasted vegetables / baby carrots	Mixed vegetables	Baked beans & peas
<b>Salads</b>	Seasonal salad selection	Three fresh seasonal salads selection <b>lettuce</b>	Seasonal salad selection <b>Baby spinach</b>	Seasonal salad selection <b>Beetroot</b>	Seasonal salad selection
<b>Desserts</b>					
<b>Fresh fruit/Yogurt</b>	Fresh fruit/Yogurt	Fresh fruit	Fresh fruit/Yogurt	Fresh fruit/Yogurt	Fresh fruit/Yogurt
<b>Dessert</b>	Apple crumble with bran flakes and custard <b>F</b> .	Fruity Jelly	Rice pudding	Chocolate cake served with chocolate sauce	Carrot cake served with custard

Water and handmade wholemeal bread to be available at all meals.

Highlighted vegetables in Green are seasonal and in-season produce.

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