



Educatering
The School Food Revolution



Willowbrook
School

Our theme for January is

CHINESE NEW YEAR!

This year, the Chinese New Year falls on the 22nd January. The date changes each year, depending on the 'New Moon'. This is when there is a new lunar cycle. On this day, there will be a crescent moon. The celebrations are big! With a lantern festival, fireworks and lion and dragon dances, the celebrations last for 15 days, ending when there is a full moon.

'Guo Nian Hao' – Happy new year!



ABOUT us!

At Goosemoor Educatering, we enable schools to use the very best in locally sourced, restaurant quality products to provide exciting, child-led, nutritionally balanced meals.

Being growers ourselves (of the humble swede), sourcing produce from Devon, Cornwall, Somerset and Dorset has always been rooted in our history. We have a grower and supplier network from across the counties of our region, and wherever possible we support the families and businesses of the communities we supply.

Did you know that Goosemoor has been a family run business for over 60 years?

RECIPE of the Month

Hoisin Chicken Stir Fry Noodles

SERVES 4

INGREDIENTS

Egg Noodles – 270g
Baby Corn – 20g
Light Soy Sauce – 12ml
Garlic Puree – 3tsp
Beansprouts – 48g
Red Onion – 72g
Hoisin Sauce – 120ml
Green Pepper – 60g
Chicken Fillet – 390g
Cabbage – 90g
Baton Carrots – 90g

METHOD

1. Stir fry the carrots and onions in hot oil.
2. Cut the chicken into strips and fry off until cooked then add the garlic, cabbage, peppers and soy sauce.
3. Place the noodles in a pan of boiling water until softened then drain and refresh.
4. Add the beansprouts to the vegetable mixture, stir, then add chow mein sauce and noodles.
5. Check seasoning and serve.

This dish costs less than £5 to make!



Send a photo of your Stir Fry to jodie.peek@goosemoor.uk, to be in with a chance to see it on next month's newsletter!