

MEAL PLAN MENU NOVEMBER 2026								
	Meat MT	Training Box	Fish	Vegetarian	Salad	Baguette	Grilled Chicken	Breaded Chicken
Mon 2	Beer Chicken & Rosmary Potato	Chicken, Broccoli, Mexican Sauce & Rice	Fish Pie & Carrot	Mousaka	Tuna Nicoise	Chicken Caesar	Grilled Chicken GF LF	Breaded Chicken LF
Tue 3	Pork Stroganoff	Chicken Bolognese & Cheese Jacket Potato	Hake Vegetables & Rice	Mushroom Stroganoff	Roasted Vegetables & Feta	African Chicken	Grilled Chicken GF LF	Breaded Chicken LF
Wed 4	Chicken Fajita	Chilli Con Carne	Tuna & Cheese Jacket Potato	Lentil & Vegetables Stew	Feta, Sweet Potato & Pomegranate	Tuna & Mayo	Grilled Chicken GF LF	Breaded Chicken LF
Thu 5	Chicken Lemon & Rice	Roquefort Pork & Chips	Baked Cod With Herbs Potatos	Chickpeas Coconut Curry With Rice	Tuna, Onion & Potato	Mojo Picon Chicken	Grilled Chicken GF LF	Breaded Chicken LF
Fri 6	Chicken Paella	Pork Chops With Gravy & Chips	Prawn Pil Pil Pasta	Vegetable Paella	Smoked Salmon & Avocado	Serranito (PORK)	Grilled Chicken GF LF	Breaded Chicken LF
Mon 9	Mojo Picon Chicken Quesadilla	Roasted Pork & Gravy With Chips	White Fish With Green Garlic & Rice	Baked Beans & Cheese Jacket Potato	Tuna Russian	Roast Pork & Mayo	Grilled Chicken GF LF	Breaded Chicken LF
Tue 10	Torta Patata & Serrano Ham Croquettes	Chicken Teriyaki, Broccoli & Rice	White Fish With Orange Sauce & Rice	Torta Patata & Spinach Croquettes	Chicken Caesar	Pomodoro & Cheese	Grilled Chicken GF LF	Breaded Chicken LF
Wed 11	Sweet Chilli Chicken & Rice	Tandoori Chicken Wrap	Tuna & Cheese Jacket Potato	Mushroom & Spinach Pasta	Mediterranean	Tomato & Cheese Omelette	Grilled Chicken GF LF	Breaded Chicken LF
Thu 12	African Chicken & Cheese Jacket Potato	Chicken Burrito	Prawn Coconut Curry With Vegetables & Rice	Vegetables Mexican Burrito	Mexican Pasta Salad	Serrano Ham, Mashed Tomato With Oil	Grilled Chicken GF LF	Breaded Chicken LF
Fri 13	Chicken Sweet Chilli & Rice	Roquefort Chicken & Fried Sweet Potato	Grilled Salmon, Vegetables & Rice	Roasted Vegetables & Sweet Chilli With Rice	Tuna, Green Beans, Egg & Garlic	Sausage & Cheese	Grilled Chicken GF LF	Breaded Chicken LF
Mon 16	Breaded Chicken Milanese	Peppercorn Pork & Chips	Cod With Curry & Rice	Mac & Cheese	Tuna Freska Salad	Breaded Chicken & Mayo	Grilled Chicken GF LF	Breaded Chicken LF
Tue 17	Chorizo Lentil Stew	Secreto With Gaucha & Chips	Seafood Pil Pil Pasta	Cheese & Caramel Onion Quiche	Greek	Bacon & Cheese	Grilled Chicken GF LF	Breaded Chicken LF
Wed 18	Morocco Chicken, Vegetables & Cous Cous	Chicken Garlic & Rice	Fish Stew With Potato	Mousakka	Tandoori Chicken	Chicken, Bacon & Mayo	Grilled Chicken GF LF	Breaded Chicken LF
Thu 19	Beef Empanadas & Chips	African Chicken Quesadilla	Cod With Teriyaki Sauce, Broccoli & Rice	Torta Patata & Spinach Croquettes	Italian Potato Salad	Fried Egg & Sausage	Grilled Chicken GF LF	Breaded Chicken LF
Fri 20	Bacon, Cheddar Sauce & Chips Gratin	Chorizo Torta Patata & Chicken Croquettes	Salmon & Spinach Pasta	Baked Beans & Cheese Jacket Potato	Chicken Tikka	Ham & Cheese Omelette	Grilled Chicken GF LF	Breaded Chicken LF
Mon 23	Chicken Pesto Pasta	Chilli Con Carne	White Fish & Green Garlic Sauce With Rice	Feta & Tomato Quiche	Feta Pesto Pasta	African Chicken Baguette	Grilled Chicken GF LF	Breaded Chicken LF
Tue 24	Breaded Chicken Milanese & Chips	English Sausage, Gravy, Peas & Mashed Potato	Prawn Pil Pil Pasta	Vegan Lentil	Roasted Peppers, Onion & Tuna	Chicken Gaucha	Grilled Chicken GF LF	Breaded Chicken LF

Wed 25	Honey Mustard Chicken	Chicken Bolognese & Cheese Jacket Potato	Cod With Lemon Sauce & Rice	Mexican Vegetables Burrito	Sweet Potato, Feta & Pomegranate	Torta Patata & Alioli	Grilled Chicken GF LF	Breaded Chicken LF
Thu 26	Chicken Tikka Chicken Quesadilla	Chicken Gaucha & Chips	Grilled Salmon With Green Garlic & Rice	Mushroom Pil Pil Pasta	Chicken Pesto Pasta	Salmon & Cream Cheese	Grilled Chicken GF LF	Breaded Chicken LF
Fri 27	Peppercorn Chicken & Chips	Bacon & Cheese Jacket Potato	Seafood Salpicon & Rice	Vegetables Sweet Chilli & Rice	Tomato With Curry	Chicken Serranito & Gaucha	Grilled Chicken GF LF	Breaded Chicken LF
Mon 30	Chicken Pasta Bolognese	Lorraine Quiche	Fish Balls With Red Pesppers Sauce & Rice	Vegetables Pasta Bolognese	Mexican Pasta	Egg & Mayo	Grilled Chicken GF LF	Grilled Chicken GF LF