

MEAL PLAN MENU FEB & MAR 2024



		Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes
	Thu 1	Chicken Pesto Pasta	Chicken, Rice, Broccoli & Peppers	Fish Pie	Vegetarian Pesto Pasta	Chicken Caesar Salad	Ham, Cheese, Tomato & Mayo
	Fri 2	Spaghetti Bolognese	Beef Stew & Rice	Salmon Egg Noodles	Stuffed Mushroom & Garlic Cheese	Green Beans, Tuna & Egg Salad	Roast Pork & Apple Sauce
February	Mon 5	Almond Chicken & Rice	Piri Piri Chicken, Beans & Pasta	Prawn Pil Pil Pasta	Roasted Potato, Peppers & Egg	Tuna Rice Salad	Bacon, Lettuce & Tomato
	Tue 6	Beef Burger & Chips	Chicken, Tomato Sauce & Rice	Seafood Risotto	Stuffed Aubergine & Parley Potatoes	Falafel Salad	Roast Beef & Peppers
	Wed 7	Chicken Tandoori, Broccoli & Rice	Garlic Chicken With Potato, Peppers & Onions	Baked Hake, Quinoa & Vegetables	Piri Piri Cauliflower & Rice	Chicken Cous Cous Salad	Mozzarella & Tomato
	Thu 8	Chicken Burrito & Potato Wedges	Beef Chilli Con Carne & Rice	Fish Stew & Rice	Cauliflower & Cream	Prawn, Lettuce & Cocktail Sauce Salad	African Chicken
	Fri 9	Beef Pie & Peas	Jacket Potato with Cheese & Beans	Scrambled Eggs, Asparagus with Prawn & Steamed Rice	Breaded Courgette with Cheese & Veggies	Vegetable Pasta Salad	Sausage & Egg
February	Mon 12	Beef Stew & Mashed Potato	Beef Burger, Wedges Potato	Seafood Paella	Vegetarian Paella	Vegetable Pesto Pasta	Roasted Pork with Pedro Ximenez Sauce
	Tue 13	Breaded Chicken Filled with Serrano Ham, Cheese, Peppers & Chips	Chicken Burrito & Wedges	White Fish, Rice, Broccoli and Parsley & Garlic Sauce	Breaded Aubergine Stuffed with Cheese	Goats Cheese Salad	Bacon & Cheese
	Wed 14	Chicken Skewers & Fried Sweet Potatoes	Bolognese Jacket Potato & Cheese	Battered Fish & Fried Potato	Mushroom, Onions, Carrot with Tomato Sauce & Rice	Chicken Caesar Salad	Bacon, Lettuce & Tomato

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	Thu 15	Beef Burrito & Potato Wedges	Roast Chicken Wings with Roast Courgettes & Potato	Sweet & Sour Prawns with Rice	Stuffed Courgette & Baby Potatoes.	Mexican & 3 Beans Salad	Tortilla Patata
	Fri 16	Chicken & Vegetables Noodles	Cod Stew & Rice	Seafood Croquettes	Vegetarian Pie & Carrots	Tuna Rice Salad	Sausage & Cheese
February	Mon 19	Chicken Quesadilla & Wedges	Sausage & Mash Yorkshire Pudding with Gravy	Hake Roman Style With Green Beans & Tomato	Spaghetti with Red Peppers, Spinach & Cream	Couscous With Red Peppers & Prawns & Avocado Salad	Tomato, Tuna, Mayo & Crispy Onion
	Tue 20	Beef Lasagne	Beef Meat Balls Stew & Rice with Sesame	Chickpea Stew with Cod & Spinach	Vegetable Lasagne	Chicken & Sweet Potato Salad	Roasted Pork with Pedro Ximenez Sauce
	Wed 21	Beef Goulash & Mashed Potato	Chicken Pil Pil Pasta with Mushroom	Fish Burger with Fry Sweet potato	Roasted vegetables with Egg and Tomato Sauce	Tuna Rice Salad	Mojon Picon Chicken & Manchego Cheese
	Thu 22	BBQ Pork Ribs with Fried Potato & Green Beans	Chicken & Almonds, Sautéed Vegetables & Pumpkin	Prawn Risotto	Spicy Sautéed Broccoli, Mushrooms & Steamed Rice	Russian Salad	Tandoori Chicken & Salad
	Fri 23	Chicken Curry with Rice	Sautéed Rice with Chicken, Prawn, Egg & Carrots	Prawn Pil Pil Pasta	Cauliflower & Broccoli Gratins with Quinoa	Tandoori Chicken Salad	Serrano Ham & Green Pepper
February	Mon 26	Chicken Breast with Red Pepper Sauce, Broccoli & Rice	Prawn Meatballs with Red Pepper Sauce & Rice	Scrambled Eggs, Asparagus with Prawn & Steamed Rice	Book of Fried Aubergine with Cheese & Mixed Salad	Red Pepper with Onion & Tuna	Ham, Cheese, Lettuce, Egg & Mayo
	Tue 27	Turkey Meatballs With Garlic Sauce, Vegetable and Thyme Potato	Chicken, Bacon & Pepper Skewers With Cucumber Salad	Fried Squid with Potatoes	Spaghetti Sautéed With Garlic, Green Peppers & Tofu	Chicken With Cherry Tomatoes & Quinoa	Tuna Mayonnaise
	Wed 28	Breaded Pork Filled With Cheese & Serrano Ham & Chips	Roast Chicken With Rice, Broccoli & Tomato Sauce	Salmon Quiche	Jacket Sweet Potato Stuffed With Cheese & Olives	Chicken Pesto Pasta Salad	Smoked Salmon, Capers & Cream Cheese

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	Thu 29	Chicken Teriyaki With Rice & Broccoli	Jacket Potato with Chilli Con Carne	Fish Pie	Vegetarian Risotto	Crab Claws, Sweet Corn & Salsa Rosa	Roast Pork & Apple Sauce
	March						
	Fri 1	Beef Stew & Rice	Red Pepper, Tuna, Onion & Potatoes	White Fish With Garlic Green Sauce & Rice	Spinach Pie	Chimichurri Chicken With Roast Pepper & Pasta	Chimichurri Chicken, Mayo & Cheese
March	Mon 4	Sweet & Sour Chicken With Rice	Goats Cheese Salad	Seafood Risotto	Vegetarian Chilli & Rice	Chilli Beef & Rice	Pork, Serrano Ham, Pepper & Mayo
	Tue 5	Shepherd's Pie & Peas	Green Beans, Tuna, & Boiled Egg	Prawn Fried Rice	Vegetarian Burrito & Potato Wedges	Chicken with Parmesan Sauce, Wedges & Vegetables	Chicken & Cheese Gaucha
	Wed 6	Carbonara Pasta	Red Pepper, Tuna, Onion & Potatoes	Seafood Croquettes	Sweet Potato & Coconut Curry	Jacket Potato with Chilli Con Carne	Tortilla Patata & Cocktail Sauce
	Thu 7	Morocco Chicken Cous Cous & Vegetables	Chicken Ceasar Salad	Cod Teriyaki & Mashed Potatoes	Vegetarian Musaka	Beef Stroganoff	Morocco Chicken, Salad & Cocktail Sauce
	Fri 8	Pedro Jimenze Chicken With Rice	Breaded Chicken Salad	Fish Stew & Rice	Jacket Potato Filled With Beans & Cheese	Chicken Thai Green Curry	Pork & Manchego Cheese
March	Mon 11	Almond Chicken & Rice	Freska Salad	Clam Chowder	Curried Satay Noodles	Chicken Burrito With Wedges	Smoked Salmon, Capers & Cream Cheese
	Tue 12	Chicken Paella	Crab, Lettuce & Salsa Rosa	Fish Pie & Carrot	Mushroom Risotto	Grilled African Chicken With Carrot & Cous Cous	African Chicken, Salad & Mayo
	Wed 13	Beef Burrito & Wedges	Russian Salad	Sweet & Sour Prawn With Rice	Spinach Pesto Pasta	Beef Meatballs With Broccoli, Rice & Tomato Sauce	Roast Pork & Gravy Sauce

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	Thu 14	Sticky BBQ Chicken With Wedges & Green Beans	Chicken Training Box	Prawn Pil Pil Pasta	Roasted Carrot & Feta Pie	Fried Prawn Rice & Vegetables	Serrano Ham & Manchego Cheese
	Fri 15	Beef Lasagne	Mexican 3 Bean Salad	Prawn Noodles	Vegetable Bake	Chicken Quesadilla & Wedge Potatoes	Pork Loin & Green Peppers Sauce
March	Mon 18	Oyster Chicken Egg Noodles	Freska Salad	Seafood Croquettes	Sweet Potato & Peanut Curry	Minted Chicken With Rosemary Potatoes & Vegetables	Pork Loin & Green Peppers Sauce
	Tue 19	Beef Meat Balls With Tomato Sauce & Rice	Tandoori Chicken Salad	Prawn Pad Thai Noodles & Vegetables	Stuffed Mushroom With Cheese & Vegetables	Chicken Burrito & Wedges	Mojo Picon Chicken & Salad
	Wed 20	Chicken Teriyaki With Broccoli & Rice	Russian Salad	Asparagus With Prawn & Steamed Vegetables	Cheese & Caramelised Onion Pie	Tandoori Chicken Wrap With Salad & Wedges	Tuna Mayo & Salad
	Thu 21	Chicken Curry & Rice	Tuna Salad	Fish Paella	Mushroom Stroganoff	Beef Lasagne	Tandoori Chicken & Salad
	Fri 22	Chicken Pinchotto Pitta Bread	Chicken Ceasar Salad	Prawn Curry	Creamy Courgette Lasagne	Spaghetti Bolognese	Mozzarella & Tomato
March	Mon 25	Chicken Quesadilla & Wedges	Halloumi & Broccoli Salad	Prawn Fried Rice	Mushroom Pil Pil Pasta	Beef Meat Balls With Tomato Sauce & Rice	Sausage & Cheese
	Tue 26	Beef Goulash With Carrot & Mashed Potatoes	Cajun Chicken Salad	Sweet & Sour Prawn With Rice	Vegan Lentil With Rice	Sticky BBQ Chicken With Wedges & Green Beans	Smoked Salmon, Capers & Cream Cheese
	Wed 27	Chicken Pad Thai Noodles & Vegetables	Tandoori Chicken Salad	Tuna Stew & Vegetables	Spinach Cannelloni	Beef Stew With Carrot & Rice	Torta Patata, Cheese & Mayo
	Thu 28	Breaded Chicken Milanese & Wedges	Tuna Salad	Seafood Risotto	Curried Satay Noodles	Peppered Pork with Tyme Potatoes & Green Beans	Breaded Chicken & Salad

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	Fri 29	Beef Chilli Con Carne & Rice	Cheese & Ham Salad	Prawn Pil Pil Pasta	Vegetables Paella	Fajita Wrap With Salad & Wedges	Tomato, Olive Oil & Serrano Ham