

# MEAL PLAN MENU APR & MAY 2024



		Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes
<b>April</b>							
<b>April</b>	Mon 1	BANK HOLIDAY					
	Tue 2	Chicken Paella	Beef Chilli & Rice	Prawn Noodles	Curried Satay Noodles	Tuna Rice	Chicken African & Onion
	Wed 3	Pasta Bolognese	Carbonara Pasta	Salmon Quiche	Vegetarian Bolognese	Chicken Pesto Pasta	Tomato & Cheddar
	Thu 4	Beef Burrito	Teriyaki Chicken with Rice	Prawn Fried Rice	Mushroom Pil Pil Pasta	Falafel Salad	Roast Pork & Mayo
	Fri 5	Chicken Curry & Rice	Chimichurri Chicken, Peppers & Pasta	Prawn Pil Pil Pasta	Spinach Cannelloni	Crab Salad	Tomato & Mozzarella
<b>April</b>	Mon 8	Beef Chilli Con Carne & Rice	Meat Balls with Tomato Sauce & Rice	Seafood Risotto	Stuffed Mushroom & New Potatoes	Coronation Chicken & Rice	Tomato, Ham & Cheese
	Tue 9	Chicken Breast with Tomato Sauce, Broccoli & Rice	Grilled African Chicken with Onion & Quinoa	Baked Hake, Quinoa & Vegetables	Sweet Potato & Coconut Curry	Mozzarella Italian Potato	Serrano Ham & Cheese
	Wed 10	Chicken Noodles	Roast Beef with Green Peas & Mashed Potato	Tuna Stew & Rice	Vegetarian Stew & Potatoes	Chicken, Vegetable & Rice	Bacon, Lettuce & Tomato
	Thu 11	Shepherd's Pie & Peas	Chicken Quesadilla & Wedges Potatoes	Sweet & Sour Prawn with Rice	Breaded Aubergine & Steamed Veggies	Cajun Chicken & Pasta	Hummus & Peppers
	Fri 12	Pedro Ximenez Chicken & Rice	Beef Lasagne	Fish Paella	Vegetarian Paella	Vegetable Pesto Pasta	Pata & Gravy Baguette

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April	Mon 15	Tandoori Chicken with Fried Rice	Chicken Burrito & Mixed salad	Cod Cream, Quinoa & Vegetables	Vegetarian Burrito	Goat Cheese Salad	Bacon & Cheese
	Tue 16	Chicken With Parmesan Sauce & Fried Potato	Chilli Con Carne & Rice	White Fish with Green Sauce, Rice & Vegetables	Mushroom With Sweet Chilli, Rice & Veggies	Chicken Caesar	Hashbrown & Egg
	Wed 17	Beef Meat Balls & Rice	Moroccan Pinchitos with Roast Peppers & Wedges	Prawn Fried Rice	Stuffed Courgette & Baby Potatoes.	Mexican & 3 Beans	Tortilla Patata
	Thu 18	Beef Noodles	Sweet & Sour Chicken with Rice	Fish Pie & Carrots	Vegetarian Pie & Carrots	Tuna Rice	Sausage & Cheese
	Fri 19	Chicken Pad Thai Noodles & Vegetables	Almond Chicken & Rice	Prawn Pil Pil Pasta	Spinach Pesto Pasta	Breaded Chicken Salad	Mozzarella & Tomato
April	Mon 22	Pasta Bolognese	Beef Meat Balls with Rice, Peppers & Garlic sauce	Cod, Mashed Potatoes & Green Sauce.	Mushroom Pil Pil Pasta	Tuna & Crab Pasta	Grilled Chicken & Gaucha
	Tue 23	Beef Goulash & Mashed Potato	Chicken Fried Rice with Egg & Veggies	Fish Paella	Vegetarian Paella	Falafel Salad	Tuna, Mayo & Cucumber
	Wed 24	Chicken Quesadilla & Wedges	Teriyaki Chicken with Rice	Fish Stew & Mash	Stuffed Mushroom & New Potatoes	Grilled Chicken & Rice	Roasted Pork
	Thu 25	Moroccan Chicken Style, Cous Cous & Vegetables	Breaded Chicken Milanese & Wedges	Seafood Risotto	Vegan Tandoori Tofu & Rice	Tuna Freska	Roast Chicken & Alioli
	Fri 26	Shepherd's Pie & Peas	Beef Lasagne	Prawn Noodles	Pumpkin Risotto	Vegan Lentil	Bacon & Cheese
	Mon 29	BANK HOLIDAY					

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	Tue 30	Chicken With Parmesan Sauce & Fried Potato	Roasted Chicken With Rosemary Potatoes & Peppers	Prawn Fried Rice	Vegan Protein Box (SALAD)	Tuna Rice	Ham & Cheese
	May						
	Wed 1	BANK HOLIDAY					
	Thu 2	Spaghetti Bolognese	Beef Stew & Mashed Potatoes	Prawn Egg Noodles	Stuffed Mushroom with Garlic Cheese & Mixed Salad	Green Beans, Tuna & Egg Salad	Spaghetti Bolognese
	Fri 3	Chicken Curry & Rice	Pedro Ximenez Chicken With Broccoli & Rice	Seafood Croquettes & Side Salad	Mushroom Pil Pil Pasta & Vegetables	Vegan Lentil	Chicken Curry & Rice
May	Mon 6	Beef Stew & Mashed Potatoes	Chicken, Tomato Sauce & Rice	Fish Paella	Stuffed Aubergine with Cheese & Parley Potatoes	Falafel Salad	Beef Stew & Mashed Potatoes
	Tue 7	Chicken Tandoori, Broccoli & Rice	Garlic Chicken with Potato, Peppers & Onions	Baked Hake, Quinoa & Vegetables	Mushroom Stroganoff	Chicken Cous Cous Salad	Chicken Tandoori, Broccoli & Rice
	Wed 8	Chicken Burrito & Potato Wedges	Beef Chilli Con Carne & Rice	Fish Stew & Rice	Vegetarian Musaka	Prawn, Lettuce & Cocktail Sauce Salad	Chicken Burrito & Potato Wedges
	Thu 9	Beef Pie & Peas	Beef Meat Balls with Rice & Tomato Sauce	Scrambled Eggs, Asparagus with Prawn & Steamed Rice	Breaded Courgette with Cheese & Vegetables	Vegetable Pasta Salad	Beef Pie & Peas
	Fri 10	Chicken Quesadilla & Wedges	Pasta Bolognese & Side Salad	Salmon Egg Noodles & Vegetables	Tempura Breaded Vegetables & Sesame Rice	Vegetable Pesto Pasta	Chicken Quesadilla & Wedges

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May	Mon 13	Breaded Chicken Filled With Serrano Ham, Cheese, Peppers & Chips	Chicken Burrito & Wedges	Prawn Fried Rice	Breaded Aubergine stuffed with Cheese	Goat Cheese Salad	Breaded Chicken Filled with Serrano Ham, Cheese, Peppers & Chips
	Tue 14	Chicken Skewers & Fried Sweet Potatoes	Breaded Chicken Milanese & Wedges	Asparagus with Prawn & Steamed Vegetables	Sweet Potato & Coconut Curry	Chicken Caesar Salad	Chicken Skewers & Fried Sweet Potatoes
	Wed 15	Beef Burrito & Potato Wedges	Tandoori Chicken Wrap with Salad & Wedges	Sweet & Sour Prawns with Rice	Stuffed Courgette & Baby Potatoes.	Mexican & 3 Beans Salad	Beef Burrito & Potato Wedges
	Thu 16	Chicken & Vegetables Noodles	Shepherd's Pie & Mixed Salad	Seafood Croquettes & Mixed Salad	Vegetarian Pie & Carrots	Tuna Rice Salad	Chicken & Vegetables Noodles
	Fri 17	Roast Chicken with Broccoli, Rice & Mexican Sauce	Chilli Con Carne & Rice	White Fish with Broccoli & Rice	Spinach Cannelloni & Side Salad	Crab, Sweetcorn, Lettuce & Cocktail Sauce Salad	Roast Chicken with Broccoli, Rice & Mexican Sauce
May	Mon 20	Beef Lasagne	Chicken Quesadilla & Wedges	Prawn Egg Noodles	Vegetables Lasagne	Chicken & Sweet Potato Salad	Beef Lasagne
	Tue 21	Beef Goulash & Mashed Potato	Chicken Pad Thai Noodles & Vegetables	Fish Balls with Sweet Fried Potato	Mushroom Satay Noodles	Tuna Rice Salad	Beef Goulash & Mashed Potato
	Wed 22	Beef Pie & Peas	Chicken & Almonds, Sautéed Vegetables & Pumpkin	Prawn Pil Pil Pasta	Spicy Sautéed Broccoli, Mushrooms & Steamed Rice	Russian Salad	Beef Pie & Peas
	Thu 23	Chicken Curry with Rice	Sautéed Rice with Chicken, Prawn, Egg & Carrots	Clam Chowder with bread roll	Vegetable Bake	Tandoori Chicken Salad	Chicken Curry with Rice
	Fri 24	Chicken Kebab with Pitta Bread & Chips	Pedro Ximenez Chicken with Broccoli & Rice	Salmon Quiche	Sweet Potato & Coconut Curry	Falafel With Yogurt Sauce Salad	Chicken Kebab with Pitta Bread & Chips
	Mon 27	BANK HOLIDAY					

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Tue 28	Chicken Teriyaki with Rice & Broccoli	Chicken Thai Green Curry	Fish Pie & Mixed Salad	Cheese & Caramelised Onion Pie	Crab Claws, Sweet Corn & Salsa Rosa	Chicken Teriyaki with Rice & Broccoli
Wed 29	Chicken With Parmesan Cheese & Wedges Potatoes	Chicken Gaucha & Chips	Prawn Egg Noodles	Vegetarian Lasagne & Mixed salad	Tuna Freska Salad	Chicken With Parmesan Cheese & Wedges Potatoes
Thu 10	Beef Noodles & vegetables	Sticky BBQ Chicken with Wedges & Green Beans	Seafood Croquettes & Mixed Salad	Vegetables Noodles	Chicken, Broccoli & Mexican Sauce	Beef Noodles & vegetables
Fri 31	Beef Pasta Bolognese	Breaded Chicken Milanese & Wedges Potatoes	Cod With Lemon Sauce & Rice	Vegetables & Egg Fried Rice	Chicken Cous Cous Salad	Beef Pasta Bolognese