

MEAL PLAN MENU MAY 2024



	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes	
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	Roast Pork & Apple Sauce
	Fri 3	Chicken Curry & Rice	Pedro Ximenez Chicken With Broccoli & Rice	Seafood Croquettes & Side Salad	Mushroom Pil Pil Pasta & Vegetables	Vegan Lentil	Chicken & Gaucha
May	Mon 6	Beef Stew & Mashed Potatoes	Chicken, Tomato Sauce & Rice	Fish Paella	Stuffed Aubergine with Cheese & Parley Potatoes	Falafel Salad	Roast Beef & Peppers
	Tue 7	Chicken Tandoori, Broccoli & Rice	Garlic Chicken with Potato, Peppers & Onions	Baked Hake, Quinoa & Vegetables	Mushroom Stroganoff	Chicken Cous Cous Salad	Mozzarella & Tomato
	Wed 8	Chicken Burrito & Potato Wedges	Beef Chilli Con Carne & Rice	Fish Stew & Rice	Vegetarian Musaka	Prawn, Lettuce & Cocktail Sauce Salad	African Chicken
	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	Sausage & Egg
	Fri 10	Chicken Quesadilla & Wedges	Pasta Bolognese & Side Salad	Salmon Egg Noodles & Vegetables	Tempura Breaded Vegetables & Sesame Rice	Vegetable Pesto Pasta	Serrano Ham, Curado Cheese & Mashed Tomato

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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	Bacon & Cheese
	Tue 14	Chicken Skewers & Fried Sweet Potatoes	Breaded Chicken Milanese & Wedges	Asparagus with Prawn & Steamed Vegetables	Sweet Potato & Coconut Curry	Chicken Caesar Salad	Bacon, Lettuce & Tomato
	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	Tortilla Patata
	Thu 16	Chicken & Vegetables Noodles	Shepherd's Pie & Mixed Salad	Seafood Croquettes & Mixed Salad	Vegetarian Pie & Carrots	Tuna Rice Salad	Sausage & Cheese
	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	Chicken Gauc Baguette
May	Mon 20	Beef Lasagne	Chicken Quesadilla & Wedges	Prawn Egg Noodles	Vegetables Lasagne	Chicken & Sweet Potato Salad	Roasted Pork with Pedro Ximenez Sauce
	Tue 21	Beef Goulash & Mashed Potato	Chicken Pad Thai Noodles & Vegetables	Fish Balls with Sweet Fried Potato	Mushroom Satay Noodles	Tuna Rice Salad	Mojon Picon Chicken & Manchego Cheese
	Wed 22	Beef Pie & Peas	Chicken & Almonds, Sautéed Vegetables & Pumpkin	Prawn Pil Pil Pasta	Spicy Sautéed Broccoli, Mushrooms & Steamed Rice	Russian Salad	Tandoori Chicken & Salad
	Thu 23	Chicken Curry with Rice	Sautéed Rice with Chicken, Prawn, Egg & Carrots	Clam Chowder with bread roll	Vegetable Bake	Tandoori Chicken Salad	Serrano Ham & Green Pepper
	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	Torta Patata & Alioli
	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	Roast Pork & Apple Sauce
Wed 29	Chicken With Parmesan Cheese & Wedges Potatoes	Chicken Gaucha & Chips	Prawn Egg Noodles	Vegetarian Lasagne & Mixed salad	Tuna Freska Salad	Chicken Gaucha
Thu 10	Beef Noodles & vegetables	Sticky BBQ Chicken with Wedges & Green Beans	Seafood Croquettes & Mixed Salad	Vegetables Noodles	Chicken, Broccoli & Mexican Sauce	Serranito(Pork, Peppers & Serrano Ham)
Fri 31	Beef Pasta Bolognese	Breaded Chicken Milanese & Wedges Potatoes	Cod With Lemon Sauce & Rice	Vegetables & Egg Fried Rice	Chicken Cous Cous Salad	Chicken Pedro Ximenez Sauce