

MEAL PLAN MENU MAY & JUNE 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 30	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

	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes	
June							
June	Mon 3	Sweet & Sour Chicken with Rice	Chilli Beef & Rice	Seafood Risotto	Vegetarian Chilli & Rice	Goat Cheese Salad	Pork, Serrano Ham, Pepper & Mayo
	Tue 4	Shepherd's Pie & Peas	Chicken with Parmesan Sauce, Wedges & Vegetables	Prawn Fried Rice	Vegetarian Burrito & Potatoes Wedges	Green Beans, Tuna, & Boiled Egg	Chicken & Cheese Gaucha
	Wed 5	Carbonara Pasta	Jacket Potato with Chilli Con Carne	Seafood Croquettes	Sweet Potato & Coconut Curry	Red Pepper, Tuna, Onion & Potatoes	Tortilla Patata & Cocktail Sauce
	Thu 6	Morocco Chicken Cous Cous & Vegetables	Beef Stroganoff	Cod Teriyaki & Mashed Potatoes	Vegetarian Musaka	Chicken Ceasar Salad	Morocco Chicken, Salad & Cocktail Sauce
	Fri 7	Pedro Jimenze Chicken with Rice	Chicken Thai Green Curry	Fish Stew & Rice	Jacket Potatoes Filled with Beans & Cheese	Breaded Chicken Salad	Pork & Manchego Cheese

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June	Mon 10	Almond Chicken & Rice	Chicken Burrito with Wedges	Clam Chowder	Curried Satay Noodles	Freska Salad	Smoked Salmon, Capers & Cream Cheese
	Tue 11	Chicken Paella	Grilled African Chicken with Carrot & Cous Cous	Fish Pie & Carrot	Mushroom Risotto	Crab, Lettuce & Salsa Rosa	African Chicken, Salad & Mayo
	Wed 12	Beef Burrito & Wedges	Beef Meatballs with Broccoli, Rice & Tomato Sauce	Sweet & Sour Prawn with Rice	Spinach Pesto Pasta	Russian Salad	Roast Pork & Gravy Sauce
	Thu 13	Sticky BBQ Chicken with Wedges & Green Beans	Fried Prawn Rice & Vegetables	Prawn Pil Pil Pasta	Roasted Carrot & Feta Pie	Chicken Training Box	Serrano Ham & Manchego Cheese
	Fri 14	Beef Lasagne	Chicken Quesadilla & Wedges Potatoes	Prawn Noodles	Vegetable Bake	Mexican 3 Beans Salad	Pork Loin & Green Peppers Sauce
June	Mon 17	BANK HOLIDAY					
	Tue 18	Beef Meat Balls with Tomato Sauce & Rice	Chicken Burrito & Wedges	Prawn Pad Thai Noodles & Vegetables	Stuffed Mushroom with Cheese & Vegetables	Tandoori Chicken Salad	Mojo Picon Chicken & Salad
	Wed 19	Chicken Teriyaki with Broccoli & Rice	Tandoori Chicken Wrap with Salad & Wedges	Asparagus with Prawn & Steamed Vegetables	Cheese & Caramelised Onion Pie	Russian Salad	Tuna Mayo & Salad
	Thu 20	Chicken Curry & Rice	Beef Lasagne	Fish Paella	Mushroom Stroganoff	Tuna Salad	Tandoori Chicken & Salad
	Fri 21	Chicken Pinchotto Pitta Bread	Spaghetti Bolognese	Prawn Curry	Creamy Courgette Lasagne	Chicken Ceasar Salad	Mozzarella & Tomato

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June	Mon 24	Chicken Quesadilla & Wedges	Beef Meat Balls with Tomato Sauce & Rice	Prawn Fried Rice	Mushroom Pil Pil Pasta	Halloumi & Broccoli Salad	Sausage & Cheese
	Tue 25	Beef Goulash with Carrot & Mashed Potatoes	Sticky BBQ Chicken with Wedges & Green Beans	Sweet & Sour Prawn with Rice	Vegan Lentil with Rice	Cajun Chicken Salad	Smoked Salmon, Capers & Cream Cheese
	Wed 26	Chicken Pad Thai Noodles & Vegetables	Beef Stew with Carrot & Rice	Tuna Stew & Vegetables	Spinach Cannelloni	Tandoori Chicken Salad	Torta Patata, Cheese & Mayo
	Thu 27	Breaded Chicken Milanese & Wedges	Peppered Pork with Tyme Potatoes & Green Beans	Seafood Risotto	Curried Satay Noodles	Tuna Salad	Breaded Chicken & Salad
	Fri 28	Beef Chilli Con Carne & Rice	Fajita Wrap with Salad & Wedges	Prawn Pil Pil Pasta	Vegetables Paella	Cheese & Ham Salad	Tomato, Olive Oil & Serrano Ham