

MEAL PLAN MENU JULY & AUGUST 2024



| | Meat 1 | Meat 2 | Fish | Vegetarian | Salad | Baguettes | |
|-------------|--------|---|---|---------------------------------|-------------------------------------|---------------------------|-------------------------------|
| July | | | | | | | |
| July | Mon 1 | Beef Stew & Mashed Potato | Lorraine Quiche & Side Salad | Fish & Chips | Jacket Potato With Beans & Cheese | Salad Keto Bowl | Tortilla & Alioli |
| | Tue 2 | Chicken Paella | Beef Chilli & Rice | Prawn Noodles | Curried Satay Noodles | Tuna Rice | Chicken African ,Onion & May |
| | Wed 3 | Pasta Bolognese | Carbonara Pasta | Salmon Quiche | Vegetarian Bolognese | Chicken Pesto Pasta | Tomato & Cheddar |
| | Thu 4 | Beef Burrito | Teriyaki Chicken With Rice | Seafood 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 & Mozarella |
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| July | Mon 8 | Chilli Con Carne & Rice | Meat Balls With Tomato Sauce & Rice | Clam Showder & Rice | 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 | Mozarella Italian Potato | Serrano Ham & Manchego Cheese |
| | Wed 10 | Chicken Noodles | Roast Beef With Green Peas & Mashed Potato | Tuna Stew & Rice | Vegetarian Stew & Potatoes | Chicken, Vegetable & Rice | Pata & Gravy Baguette |
| | 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 | Chicken Gaucha & Chips | Beef Lasagne | Fish Paella | Vegetarian Paella | Vegetable Pesto Pasta | Bacon, Lettuce & Tomato |
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| July | 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 | Morrocان Pinchitos With Roast Peppers & Wedges | Prawn Fried Rice | Stuffed Courgette & Baby Potatoes. | Mexican & 3 Beans |
| | 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 | Mozarella & Tomato |
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| July | 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 | | Chicken Quesadilla & Wedges | Teriyaki Chicken With Rice |
| | Thu 25 | Marrocco Chicken Style, Cous Cous & Vegtables | Breaded Chicken Milanese & Wedges | Fish Ball With Pepper Sauce & Rice | Vegan Tandoori Tofu & Rice | Tuna Freska | Roast Chicken & Alioli |
| | Fri 26 | Breaded Chicken Milanese & Chips | Beef Lasagne | Prawn Noodles | Pumpkin Fried Rice | Vegan Lentil | Bacon & Cheese |
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| | Mon 29 | Beef Satay Noodles | Almond Chicken & Rice | Tuna Poke Bowl | Mushroom Pil Pil Pasta | Chicken Caesar Salad | Tortilla & Alioli |

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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 |
| Wed 31 | Bacon & Carbonara Pasta | Beef Empanadilla & Salad | Cod Teriyaki, Broccoli & Rice | Broccoli & Feta Quiche | Feta & Pesto Pasta Salad | Serrano Ham & Manchego Cheese |

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August

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| Thu 1 | 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 2 | Chicken Curry & Rice | Pil Pil Chicken Pasta | Clam Chowder & Rice | Mushroom Pil Pil Pasta & Vegetables | Vegan Lentil Salad | Chicken & Gaucha |

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| August | Mon 5 | Beef Stew & Mashed Potatoes | Chicken, Tomato Sauce & Rice | Fish Paella | Staffed aubergine With Cheese & Parley Potatoes | Falafel Salad | Roast Beef & Peppers |
| | Tue 6 | Chicken Tandoori, Broccoli & Rice | Garlic Chicken With Potato, Peppers & Onions | Baked Hake, Quinoa & Vegetables | Mushroom Stroganoff | Chicken Cous Cous Salad | Mozzarrela & Tomato |
| | Wed 7 | Chicken Burrito & Potato Wedges | Beef Chilli Con Carne & Rice | Fish Stew & Rice | Vegetarian Musaka | Prawn , Lettuce & Cocktail Sauce Salad | African Chicken |
| | Thu 8 | 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 |

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| | Fri 9 | Chicken Quesadilla & Wedges | Pasta Bolognese & Side Salad | Salmon Egg Noodles & Vegetables | Flamenca Egg & Rice | Chicken Pesto Pasta | Serrano Ham, Curado Cheese & Mashed Tomato |
| August | Mon 12 | Breaded Chicken Filled With Serrano Ham, Cheese, Peppers & Chips | Chicken Burrito & Wedges | Seafood Fried Rice | Broccoli & Cauliflower With Cream | Goat Cheese Salad | Bacon & Cheese |
| | Tue 13 | Chicken Skewers & Fried Sweet Potatoes | Breaded Chicken Milanese & Wedges | Prawn Pil Pil Pasta | Sweet Potato & Coconut Curry | Chicken Caesar Salad | Bacon, Lettuce & Tomato |
| | Wed 14 | 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 & Alioli |
| | Thu 15 | Chicken & Vegetables Noodles | Shepherd's Pie & Mixed Salad | Fish Balls With Red Peppers Sauce & Rice | Vegetarian Pie & Carrots | Tuna Rice Salad | Sausage & Cheese |
| | Fri 16 | 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 Gaucha Baguette |
| August | Mon 19 | Lasagne | Chicken Quesadilla & Wedges | Prawn Egg Noodles | Vegetables Lasagne | Chicken & Sweet Potato Salad | Roasted Pork Serranito With Mayo |
| | Tue 20 | Chicken Kebab With Pitta Bread & Chips | Chicken Pad Thai Noodles & Vegetables | Cod With Lemon Sauce & Rice | Mushroom Satay Noodles | Tuna Rice Salad | Mojon Picon Chicken & Manchego Cheese |
| | Wed 21 | Beef Pie & Peas | Chicken & Almonds, Sautéed Vegetables & Pumpkin | Salmon & Spinach Spaghetti | Spicy Sautéed Broccoli, Mushrooms & Steamed Rice | Russian Salad | Tandoori Chicken & Salad |
| | Thu 22 | Chicken Curry With Rice | Sautéed Rice With Chicken, Prawn, Egg & Carrots | Clam Chowder with Rice | Vegetable Bake | Tandoori Chicken Salad | Serrano Ham & Green Pepper |
| | Fri 23 | Beef Goulash & Mashed Potato | Pork With Tomato Sauce & Rice | Salmon Quiche | Pumpkin & Coconut Curry | Falafel With Yogurt Sauce Salad | Torta Patata & Alioli |

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| August | | | | | | | |
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| August | Mon 26 | Meat Balls With Tomato Sauce & Rice | Beef Stroganoff & Rice | Fish & Chips | Vegetarian Burrito & Wedges | Chic Peas & Feta Salad | Chicken Africano, Onion & Mayo |
| | Tue 27 | Chicken Teriyaki With Rice & Broccoli | Pork With Peppercorn Sauce & Chips | Fish Pie & Mixed Salad | Cheese & Caramelised Onion Quiche | Chicken Quinoa Salad | Roast Pork & Apple Sauce |
| | Wed 28 | Chicken Gaucha & Chips | Chicken Gaucha & Chips | Prawn Egg Noodles | Vegetarian Lasagne & Mixed salad | Tuna Freska Salad | Chicken Gaucha |
| | Thu 29 | Beef Noodles & vegetables | Sticky BBQ Chicken With Wedges & Green Beans | Fish Stew & Rice | Vegetables Noodles | Chicken, Broccoli & Mexican Sauce | Serranito(Pork, Peppers & Serrano Ham) |
| | Fri 30 | Pasta Bolognese | Breaded Chicken Milanese & Wedges Potatoes | Fried White Fish & Chips | Vegetables & Egg Fried Rice | Chicken Cous Cous Salad | Ham & Cheese Omelette |

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