

# MEAL PLAN MENU AUGUST & SEPTEMBER 2024



	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes	
<b>August</b>							
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

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	Fri 23	Beef Goulash & Mashed Potato	Pork With Tomato Sauce & Rice	Salmon Quiche	Pumpkin & Coconut Curry	Falafel With Yogurt Sauce Salad	Torta Patata & Alioli
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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September	September						
	Mon 2	Sweet & Sour Chicken With Rice	Chilli Beef & Rice	Seafood Risotto	Vegetarian Chilli & Rice	Goats Cheese Salad	Pork, Serrano Ham, Pepper & Mayo
	Tue 3	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 4	Carbonara Pasta	Jacket Potato with Chilli Con Carne	Seafood Croquettes	Sweet Potato & Coconut Curry	Red Pepper, Tuna, Onion & Potatoes	Tortilla Patata & Cocktail Sauce
	Thu 5	Morrocco Chicken Cous Cous & Vegetables	Beef Stroganoff	Cod Teriyaki & Mashed Potatoes	Vegetarian Musaka	Chicken Ceasar Salad	Morrocco Chicken, Salad & Cocktail Sauce
	Fri 6	Pedro Jimenze Chicken With Rice	Chicken Thai Green Curry	Fish Stew & Rice	Jacket Potatoes Filled With Beans & Cheese	Breaded Chicken Salad	Pork & Manchego Cheese
September	Mon 9	Almond Chicken & Rice	Chicken Burrito With Wedges	Clam Chowder	Curried Satay Noodles	Freska Salad	Smoked Salmon, Capers & Cream Cheese
	Tue 10	Bank Holliday	Bank Holliday	Bank Holliday	Bank Holliday	Bank Holliday	Bank Holliday
	Wed 11	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 12	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 13	Beef Lasagne	Chicken Quesadilla & Wedges Potatoes	Prawn Noodles	Vegetable Bake	Mexican 3 Beans Salad	Pork Loin & Green Peppers Sauce

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September	Mon 16	Pork With Peppercorn & Chips	Chicken Paella & Side Salad	Tuna & Broccoli Quiche With Side Salad	Broccoli & Cauliflower Gratin With Cream	Italian Potato Salad	Torta Patata & Alioli Baguette
	Tue 17	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 18	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 19	Chicken Curry & Rice	Beef Lasagne	Fish Paella	Mushroom Stroganoff	Mackerel With Tomato Sauce Salad	Tandoori Chicken & Salad
	Fri 20	Chicken Pinchotto Pitta Bread	Spaghetti Bolognese	Prawn Curry	Creamy Courgette Lasagna	Chicken Ceasar Salad	Mozarella & Tomato
September	Mon 23	Chicken Quesadilla & Wedges	Beef Meat Balls With Tomato Sauce & Rice	Prawn Fried Rice	Mushroom Pil Pil Pasta	Halloumi & Broccoli Salad	Sausage & Cheese
	Tue 24	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 25	Chicken Pad Thai Noodles & Vegetables	Beef Stew With Carrot & Rice	Tuna Stew & Vegetables	Spinach Cannelloni	Tandoori Chicken Salad	Torta Patata, Cheese & Mayo
	Thu 26	Breaded Chicken Milanese & Wedges	Peppered Pork with Tyme Potatoes & Green Beans	Seafood & Rice Chowder	Curried Satay Noodles	Tuna Salad	Breaded Chicken & Salad
	Fri 27	Beef Chilli Con Carne & Rice	Fajita Wrap With Salad & Wedges	Prawn Pil Pil Pasta	Vegetables Paella	Cheese & Ham Salad	Tomato, Olive Oil & Serrano Ham
	Mon 30	Chicken Paella & Side Salad	Chicken Gaucha & Chips	Salmon With Spinach Quiche & Side Salad	Tomato With Feta Quiche & Side salad	Tuna Freska Salad	African Chicken

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