

MEAL PLAN MENU MARCH 2025



	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes
March						
Mon 3	Sweet & Sour Chicken with Rice	Chilli Beef & Rice	Clam Chowder	Vegetarian Chilli & Rice	Goat Cheese Salad	Pork, Serrano Ham, Pepper & Mayo
Tue 4	Shepherd's Pie & Peas	Chicken with Parmesan Sauce, Wedges & Vegetables	White Fish With Rice & Vizcaina Sauce	Vegetarian Burrito & Potatoes Wedges	Green Beans, Tuna, & Boiled Egg	Chicken & Cheese Gaucha
Wed 5	Carbonara Pasta	Jacket Potato with Chilli Con Carne	Prawn Egg Noodles	Sweet Potato & Coconut Curry	Red Pepper, Tuna, Onion & Potatoes	Tortilla Patata & Cocktail Sauce
Thu 6	Morrocco Chicken Cous Cous & Vegetables	Beef Stroganoff	Cod Teriyaki & Mashed Potatoes	Vegetarian Musaka	Chicken Ceasar Salad	Morrocco Chicken, Salad & Cocktail Sauce
Fri 7	Chicken Paella	Chicken Thai Green Curry	Fish Paella	Grilled Halloumi Poke Bowl	Breaded Chicken Salad	Pork & Manchego Cheese
Mon 10	Sweet & Sour Chicken with Rice	Chilli Beef & Rice	Clam Chowder	Vegetarian Chilli & Rice	Goat Cheese Salad	Pork, Serrano Ham, Pepper & Mayo
Tue 11	Shepherd's Pie & Peas	Chicken with Parmesan Sauce, Wedges & Vegetables	White Fish with Rice & Vizcaina Sauce	Vegetarian Burrito & Potatoes Wedges	Green Beans, Tuna, & Boiled Egg	Chicken & Cheese Gaucha
Wed 12	Carbonara Pasta	Jacket Potato with Chilli Con Carne	Prawn Egg Noodles	Sweet Potato & Coconut Curry	Red Pepper, Tuna, Onion & Potatoes	Tortilla Patata & Cocktail Sauce
Thu 13	Morrocco Chicken Cous Cous & Vegetables	Beef Stroganoff	Cod Teriyaki & Mashed Potatoes	Vegetarian Musaka	Chicken Ceasar Salad	Morrocco Chicken, Salad & Cocktail Sauce
Fri 14	Chicken Paella	Chicken Thai Green Curry	Fish Paella	Grilled Halloumi Poke Bowl	Breaded Chicken Salad	Pork & Manchego Cheese

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Mon 17	Pork With Pepper Corn & Chips	Chicken Paella & Side Salad	Tuna & Broccoli Quiche with Side Salad	Broccoli & Cauliflower Gratin with Cream	Italian Potato Salad	Torta Patata & Alioli Baguette
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	Tofu Poke Bowl	Avocado & Poached Egg Salad	Tuna Mayo & Salad
Thu 20	Chicken Curry & Rice	Beef Lasagne	Fish Paella	Mushroom Stroganoff	Waldorf Salad	Tandoori Chicken & Salad
Fri 21	Chicken Poke Bowl	Spaghetti Bolognese	Prawn Curry	Creamy Courgette Lasagne	Chicken Ceasar Salad	Mozzarella & Tomato
Mon 24	Beef Stew & Mashed Potatoes	Chicken, Tomato Sauce & Rice	Fish Paella	Stuffed aubergine with Cheese & Parsley Potatoes	Falafel Salad	Roast Beef & Peppers
Tue 25	Chicken Quesadilla & Wedges	Beef Meat Balls with Tomato Sauce & Rice	Prawn Fried Rice	Mushroom Pil Pil Pasta	Halloumi & Broccoli Salad	Sausage & Cheese
Wed 26	Beef Goulash with Carrot & Mashed Potatoes	Sticky BBQ Chicken with Wedges & Green Beans	Tuna Poke Bowl	Vegan Lentil with Rice	Cajun Chicken Salad	Chicken Gaucha & Manchego Cheese
Thu 27	Roast Pork with Gravy & Potatoes	Beef Lasagne	Clam Chowder & Rice	Vegetarian Moussaka	Ham & Cheese Salad	Roast Pork & Gravy Baguette
Fri 28	Chicken Burrito & Chips	Secreto With Gaucha Roasted Veggies & Chips	Fried Boquerones With & Chips	Falafel With Rice & Peppers Sauce	Goat Cheese Salad	Serranito
Mon 31	Chicken Paella & Side Salad	Chicken Gaucha & Chips	Salmon With Spinach Quiche & Side Salad	Tomato With Feta Quiche & Coleslaw	Tuna Freska Salad	African Chicken

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Tue 1						
Wed 2						
Thu 3						
Fri 4						

