

MEAL PLAN MENU MAY 2025



	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes
May						
Thu 1			CLOSED			
Fri 2	Chicken Quesadilla & Wedges	Pasta Bolognese & Side Salad	Salmon Egg Noodles & Vegetables	Flamenco Egg & Rice	Chicken Pesto Pasta	Serrano Ham, Curado Cheese & Mashed Tomato
Mon 5	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 6	Chicken Skewers & Fried Sweet Potatoes	Breaded Chicken Milanese & Wedges	Prawn Pil Pil Pasta	Sweet Potato & Coconut Curry	Chicken Caesar Salad	Bacon, Lettuce & Tomato
Wed 7	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 8	Chicken & Vegetables Noodles	Shepherd's Pie & Mixed Salad	Fish Balls With Red Peppers Sauce & Rice	Vegetarian Pie & Carrots	Tuna Rice Salad	Sausage & Cheese
Fri 9	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
Mon 12	Beef Lasagne	Chicken Gaucha & Chips	Seafood Fried Rice	Spinach Croquettes & Coleslaw	Avocado & Egg Salad	African Chicken Baguette
Tue 13	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

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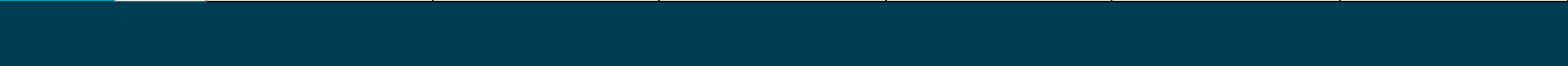


	Wed 14	Beef Pie & Peas	Chicken & Almonds, Sautéed Vegetables & Pumpkin	Salmon & Spinach Spaghetti	Spicy Sautéed Broccoli, Mushrooms & Steamed Rice	Russian Salad	Tandoori Chicken & Salad
	Thu 15	Chicken Curry With Rice	Sautéed Rice With Chicken, Prawn, Egg & Carrots	Clam Chowder with Rice	Vegetable Quiche	Tandoori Chicken Salad	Serrano Ham & Green Pepper
	Fri 16	Beef Goulash & Mashed Potato	Pork With Tomato Sauce & Rice	Salmon Quiche	Pumpkin & Coconut Curry	Falafel With Yogurt Sauce Salad	Torta Patata & Alioli
	Mon 19	Meat Balls With Tomato Sauce & Rice	Beef Stroganoff & Rice	Fish & Chips	Vegetarian Burrito & Wedges	Chic Peas & Feta Salad	Chicken Africano, Onion & Mayo
	Tue 20	Chicken Teriyaki With Rice & Broccoli	Pork With Peppercorn Sauce & Chips	FishPie	Cheese & Caramelised Onion Quiche	Chicken Quinoa Salad	Roast Pork & Apple Sauce
	Wed 21	Chicken Gaucha & Chips	Chicken Teriyaki	Prawn Egg Noodles	Vegetarian Lasagne & Mixed salad	Tuna Freska Salad	Chicken Gaucha Baguette
	Thu 22	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 23	Pasta Bolognese	Breaded Chicken Milanese & Wedges Potatoes	Grilled White Fish & Rice With Green Sauce	Vegetables & Egg Fried Rice	Chicken Cous Cous Salad	Ham & Cheese Omelette
	Mon 26			CLOSED			
	Tue 27	Roasted Pork & Gravy With Rice	African Chicken & Cheese Jacket Potatoes	Cod Teriyaki & Rice	Roasted Chick Peas With Spinach	Tomato & feta Salad	Sausage & Cheese Baguette
	Wed 28	Chilli Con Carne	PepperCorn Sauce Pork & Chips	Fried Prawn Rice	Gratin Cauliflower & Broccoli Cream	Avocado & Poached Salad	Salmon & Cream Cheese Baguette

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	Thu 29	Chicken Morocco Cous Cous	Beef Stroganoff & Rice	Clam Chowder & Rice	Falafel, Rice & Red Peppers Sauce	Chicken Caesar Salad	Tuna & Egg Mayo Baguette
	Fri 30	Chicken Noodles	Chicken Paella	Fish Paella	Mushroom Stroganoff	Sweet Potato, Feta & Pomegranate Salad	Serrano Ham & Cheese With Tomato



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