

MEAL PLAN MENU JUNE & JULY 2025



	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes
Tue 1	Sweet & Sour Chicken With Rice	Beef Pasta Bolognese	Salmon Quiche	Halloumi Poke Bowl	Tofu Salad	Salmon & Cream Cheese Baguette
Wed 2	Chicken Parmesan Pasta	Breaded Chicken Milanese & Wedges	White Fish & Vizcaina Sauce	Spinach Lasagne	Chicken & Sweet Potato Salad	Adrican Chicken Baguette
Thu 3	Beef Burrito	Teriyaki Chicken With Rice	Seafood Fried Rice	Mushroom Pil Pil Pasta	Falafel Salad	Roast Pork & Mayo Baguette
Fri 4	Chicken Curry & Rice	Chimichurri Chicken, Peppers & Pasta	Prawn Pil Pil Pasta	Vegetable Egg Noodles	Crab Salad	Tomato & Mozzarella
Mon 7	Chilli Con Carne & Rice	Meat Balls With Tomato Sauce & Rice	Clam Chowder & Rice	Stuffed Mushroom & New Potatoes	Coronation Chicken & Rice	Tomato, Ham & Cheese
Tue 8	Chicken Breast with Tomato Sauce, Broccoli & Rice	Grilled African Chicken With Onion & Quinoa	Baked Hake, Quinoa & Vegetables	Sweet Potato & Coconut Curry	Mozzarella Italian Potato	Serrano Ham & Manchego Cheese
Wed 9	Chicken Noodles	Roast Beef With Green Peas & Mashed Potato	Grilled Salmon	Vegetarian Stew & Potatoes	Chicken, Vegetable & Rice	Pata & Gravy Baguette
Thu 10	Shepherd's Pie & Peas	Chicken Quesadilla & Wedges Potatoes	Sweet & Sour Prawn With Rice	Breaded Aubergine & Steamed Vegetables	Cajun Chicken & Pasta	Hummus & Peppers
Fri 11	Chicken Gaucha & Chips	Beef Lasagne	Fish Paella	Vegetarian Paella	Vegetable Pesto Pasta	Bacon, Lettuce & Tomato
Mon 14	Tandoori Chicken with Fried Rice	Chicken Burrito & Mixed Salad	Cod Cream, Quinoa & Vegetables	Vegetarian Burrito	Goat Cheese Salad	Bacon & Cheese

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Tue 15	Beef Meat Balls & Rice	Chilli Con Carne & Rice	White Fish with Green Sauce, Rice & Vegetables	Mushroom With Sweet Chilli, Rice & Veggies	Chicken Caesar	Hashbrown & Egg
Wed 16	Chicken With Parmesan Sauce & Fried Potato	Moroccan Panchito's With Roast Peppers & Wedges	Prawn Fried Rice	Stuffed Courgette & Baby Potatoes.	Mexican & 3 Beans	Tortilla Patata
Thu 17	Beef Noodles	Sweet & Sour Chicken With Rice	Fish Pie & Carrot	Vegetarian Pie & Carrots	Tuna Rice	Sausage & Cheese
Fri 18	Chicken Fry Rice	Carbonara Pasta	Salmon Poke Bowl	Falafel With Rice & Roasted peppers	Feta & Sweet potato	Serranito
Mon 21	Chicken Quesadilla & Wedges	Chilli Con Carne & Rice	Cod, Rice & Green Garlic Sauce	Mushroom Stroganoff	Grilled Halloumi Salad	Chicken Gaucha Baguette
Tue 22	Beef Goulash & Mashed Potato	Chicken Fried Rice With Egg & Vegetables	Fish Paella	Vegetarian Paella	Falafel Salad	Tuna, Mayo & Cucumber
Wed 23	Tandoori Chicken Wrap & Chips	Teriyaki Chicken With Rice	Grilled Salmon & Garlic Sauce With Rice & Broccoli	Goats Cheese & Caramel Onion Quiche	Grilled Chicken & Rice	Roasted Pork
Thu 24	Marrocco Chicken Style, Cous Cous & Vegetables	Secreto With Rice, Broccoli & Gaucha Sauce	Fish Ball With Pepper Sauce & Rice	Vegan Tandoori Tofu & Rice	Tuna Freska	Roast Chicken & Alioli
Fri 25	Breaded Chicken Milanese & Chips	Beef Spaghetti Bolognese	Prawn Noodles	Pumpkin Fried Rice	Vegan Lentil	Bacon & Cheese
Mon 28	Caesar Chicken Wrap & Chips	Classic Loraine Quiche	Cod Teriyaki, Broccoli & Rice	Spicy Mushroom Pasta	Sweet Potato, Pomegranate & Feta	Serranto

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Tue 29	Chicken With Parmesan Sauce & Fried Potato	Roasted Chicken With Rosemary Potatoes & Peppers	Prawn Fried Rice	Vegan Protein Box (SALAD)	Tuna Rice	Ham & Cheese With Mayo
Wed 30	Bacon & Carbonara Pasta	Beef Empanadilla & Salad	Spinach & Salmon Pasta	Broccoli & Feta Quiche	Feta & Pesto Pasta Salad	Serrano Ham & Manchego Cheese
Thu 1	Chicken Poke Bowl	Chicken Curry & Rice	Tuna & Broccoli Quiche	Broccoli & Cauliflower Cream	Tomato & Mozzarella	Pork & Gravy
Fri 2	Beef Pasta Bolognese	Chicken Teriyaki & Rice	White Fish & Green Sauce With Rice	Grilled Vegetables & Pasta	Tuna Freska Salad	Chicken Gaucha Baguette

