

MEAL PLAN MENU AUGUST 2025



	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes
Fri 1	Chicken Quesadilla & Wedges	Pasta Bolognese & Side Salad	Salmon Egg Noodles & Vegetables	Flamenca Egg & Rice	Chicken Pesto Pasta	Serrano Ham, Curado Cheese & Mashed Tomato
Mon 4	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 5	Chicken Skewers & Fried Sweet Potatoes	Breaded Chicken Milanese & Wedges	Prawn Pil Pil Pasta	Sweet Potato & Coconut Curry	Chicken Caesar Salad	Bacon, Lettuce & Tomatoe
Wed 6	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 7	Chicken & Vegetables Noodles	Shepherd's Pie & Mixed Salad	FishBalls With Red Peppers Sauce & Rice	Vegetarian Pie & Carrots	Tuna Rice Salad	Sausage & Cheese
Fri 8	Roast Chicken With Broccoli, Rice & Mexican Sauce	Chilli Con Carne & Rice	White Fish With Broccoli & Rice	Spinach Canneloni & Side Salad	Crab, SweetCorn, Lettuce & Cocktail Sauce Salad	Chicken Gaucha Baguette
Mon 11	Beef Lasagne	Chicken Gaucha & Chips	Seafood Fried Rice	Spinach Croquettes & Coleslaw	Avocado & Egg Salad	African Chicken Baguette
Tue 12	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 13	Beef Pie & Peas	Chicken & Almonds, Sautéed Vegetables & Pumpkin	Sakmon & Spinach Spaguetis	Spicy Sautéed Broccoli, Mushrooms & Steamed Rice	Russian Salad	Tandoori Chicken & Salad
Thu 14	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 15	Beef Goulash & Mashed Potato	Pork With Tomato Sauce & Rice	Salmon Quiche	Pumpkin & Coconut Curry	Falafel With Yogurt Sauce Salad	Torta Patata & Alioli
Mon 18	Meat Balls With Tomato Sauce & Rice	Beef Stroganoff & Rice	Fish & Chips	Vegetarian Burrito & Wedges	Chic Peas & Feta Salad	Chicken Africano, Onion & Mayo
Tue 19	Chicken Teriyaki With Rice & Broccoli	Pork With Peppercorn Sauce & Chips	FishPie	Cheese & Caramelised Onion Quiche	Chicken Quinoa Salad	Roast Pork & Apple Sauce
Wed 20	Chicken Gaucha & Chips	Chicken Teriyaki	Prawn Egg Noodles	Vegetarian Lasagne & Mixed salad	Tuna Freska Salad	Chicken Gaucha Baguette
Thu 21	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 22	Pasta Bolognese	Breaded Chicken Milanese & Wedges Potatoes	Grilled White Fish & Rice With Green Sauce	Vegetables & Egg Fried Rice	Chicken Cous Cous Salad	Ham & Cheese Omellette
Mon 25	CLOSED					
Tue 26	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 27	Chilli Con Carne	PepperCorn Sauce Pork & Chips	Fried Prawn Rice	Gratin Cauliflower & Broccoli Cream	Avocado & Poached Salad	Salmon & Cream Cheese Baguette
Thu 28	Chicken Morroco Cous Cous	Beef Stroganoff & Rice	Clam Chowder &Rice	Falafel, Rice & Red Peppers Sauce	Chicken Caesar Salad	Tuna & Egg Mayo Baguette
Fri 29	Chicken Noodles	Chicken Paella	Fish Paella	Mushroom Stroganoff	SweetPotato, Feta & Pomegranate Salad	Serrano Ham & Cheese With Tomato