

## MEAL PLAN MENU JANUARY 2026

	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguette
Mon 5	Chicken Curry & Basmati Rice GF	Beef Burrito & Potato Wedges	Gilled Salmon, Vegetable with Lemon & Herb Sauce GF LF	Pasta With Tomato Sauce & Mushroom	Feta Cheese Salad	Lomo Adobado & Cheese Baguette
Tue 6	Mustard Chicken & Potato GF	Meat Balls With Tomato Sauce & Rice LF	White Fish With Vegetables & Green Sauce GF LF	Vegetables & Cheese Quiche	Tuna Freska salad	Breaded Chicken & Salad Baguette
Wed 7	Roasted Chicken With Potato & Vegetables GF LF	Pork Chops with Apple Sauce & Chips GF LF	Seafood Paella GF LF	Lentil Soup & Crutons GF LF	Chicken Caesar Salad	Torta Patata & Alioli
Thu 8	Beef with Mushroom Sauce & Potato GF	Chicken Lasagne	FishBalls With Red Peppers Sauce & Rice	Vegetarian Pie & Carrots	Chicken Pesto Salad	Mojo Picon Chicken
Fri 9	Roast Chicken With Broccoli, Rice & Mexican Sauce GF LF	Chilli Con Carne & Rice GF LF	White Fish With Broccoli & Rice GF LF	Spinach & Pasta With Cream	Falafel & Yogurt Salad	Sausage & Cheese Baguette
Mon 12	Meat Ball With Onion Sauce & Rice LF	Secreto With Chips & Gaucha GF LF	White Fish Papillote With Rice GF LF	Chickpeas Coconut Curry & Basmati Rice GF	Grilled Chicken Salad	Tuna & Mayo Baguette
Tue 13	Breaded Chicken Milanese & Chips	Beef Asian Noodles & Vegetables LF	Cod With Green Garlic Sauce & Rice GF LF	Vegetables Soup GF LF	Italian Potato Salad	Ham & Colesaw Baguette
Wed 14	Chicken Lasagne	Roated Pork With Gravy & Potato GF LF	Fish Ball With Red pepper Sauce & Rice	Vegetable Gratin with Potato GF	Green Vegetables Salad	African Chicken Baguette
Thu 15	Chicken Fried Rice LF	Teriyaki Chicken, Broccoli & Rice LF	Clam Chowder with Rice GF LF	Vegetable Quiche	Grilled Chicken GF LF	Pulled Pork & Gravy Baguette
Fri 16	Beef Goulash & Mashed Potato GF	Chicken & Bacon & Castellana Sauce	Salmon Quiche	Pumpkin & Coconut Curry GF	Cajun Chicken Salad	Cheddar & Pesto Baguette
Mon 19	Meat Balls With Tomato Sauce & Rice LF	Roquefort Chicken With Chips	Prawn Gratin & Potato GF	Vegetarian Burrito & Wedges	Russian Salad	Tandoori Chicken Baguette
Tue 20	Chicken Teriyaki With Rice & Broccoli LF	Pork With Peppercorn Sauce & Chips	Seafood Salpicon With Rice GF	Cheese & Caramelised Onion Quiche	Chicken Cous Cous Salad	Torta Patata & Mayo
Wed 21	Spicy Beef Empanada & Potato LF	Chicken & Cheese Burger With Potato	Tuna Egg Noodles LF	Vegetarian Moussaka	Bacon & Lentil Salad	Grilled Chicken & Cheese Baguette
Thu 22	Roasted Chicken With Vegetables GF LF	Sticky BBQ Chicken With Wedges & Green Beans GF LF	White Fish With Vizcaina Sauce GF LF	Vegetables Noodles LF	Tuna Quinoa Salad	Chicken & BBQ Sauce Baguette
Fri 23	Pasta Bolognese	Breaded Chicken Milanese & Wedges Potatoes	Grilled White Fish & Rice With Green Sauce GF LF	Vegetables & Egg Fried Rice LF	Tuna Nicose Salad	Breaded Chicken & Mayo Baguette
Mon 26	Almond Chicken & Rice LF	African Chicken & Cheese Jacket Potatoes GF	Cod Teriyaki & Rice LF	Fried Aubergine With Cane Honey LF	Mediterranean Salad	Hummus & Peppers Baguette
Tue 27	Chilli Con Carne GF LF	PepperCorn Sauce Pork & Chips	Fried Prawn Rice LF	Gratin Cauliflower & Broccoli Cream	Tuna, Onion & Potato Salad	Ham & Cheese Baguette
Wed 28	Chicken Morroco Cous Cous LF	Beef Stroganoff & Rice	Clam Chowder & Rice GF LF	Falafel, Rice & Red Peppers Sauce GF LF	Tuna Rice & Balsamic Mayo Salad	Tuna & Mayo Baguette
Thu 29	Encebollada Pork Sausage With Potato Wedges LF	Chicken Paella GF LF	Fish Paella GF LF	Mushroom Stroganoff	Mushrom & Peppers Salad	Tomato Omelette Baguette
Fri 30	Roasted Pork & Gravy With Rice GF LF	Chicken Quesadilla & Potato Wedges	Fish White With Almond Sauce	Spinach & Cheese Pasta	Chicken Quinoa Salad	Bacon & Cheese Baguette