

MEAL PLAN MENU FEBRURY 2026

Freska

	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes
FEBRUARY MEAL PLAN						
Mon 2	Chicken Stew	Chicken Burrito	White Fish & Almond Sauce With Rice	Broccoli & Cauliflower With Cream	Feta Cheese Salad	Bacon & Cheese
Tue 3	Roquefort Chicken & Chips	Breaded Chicken Milanese & Potato	Fish Pil Pil Pasta	Chickpeas & Coconut Curry	Chicken Caesar Salad	Cheese & Tomate
Wed 4	Beef Burrito	Tandoori Chicken Wrap	Fish Stew	Flamenca Egg	Mexican & 3 Beans Salad	Tortilla Patata & Alioli
Thu 5	Chicken & Vegetables Noodles	Puchero	FishBalls With Red Peppers Sauce & Rice	Lentil Stew & Vegetables	Tuna Rice Salad	Sausage & Cheese
Fri 6	Roasted Chicken & Chips	Chilli Con Carne & Rice	White Fish With Vegetables & Rice	Vegetarian Moussaka	Mediterranean Salad	Chicken Gaucha Baguette
Mon 9	Cheese Chicken Burger & Trufa Mayo With Chips	Chicken Gaucha & Chips	Seafood Fried Rice	Spinach Croquettes & Chips	Grilled Chicken Salad	African Chicken Baguette
Tue 10	Chicken Kebab	Chicken Lasgane	Cod With Lemon Sauce & Rice	Mushroom Satay Noodles	Tuna Rice Salad	Mojon Picon Chicken
Wed 11	Morocco Chicken Cous Cous	Chicken Vegetables Stew	Salmon & Spinach Pasta	Peppers & Onion Torta Patata	Russian Salad	Tandoori Chicken & Salad
Thu 12	Chicken Curry With Rice	Chicken Fried Rice	Clam Chowder with Rice	Vegetable Quiche	Tandoori Chicken Salad	Serrano Ham & Green Pepper
Fri 13	Beef Asian Noodles	Pork With Tomato Sauce & Rice	Tuna Stew	Pumpkin & Coconut Curry	Falafel With Yogurt Sauce Salad	Torta Patata & Alioli
Mon 16	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Tue 17	Chicken Teriyaki With Rice & Broccoli	Pork With Peppercorn Sauce & Chips	Fish Pie	Cheese & Tomato Quiche	Chicken Quinoa Salad	Roast Pork & Gravy
Wed 18	Chicken Gaucha & Chips	Roasted Chicken & Chips	Tuna & Cheese Jacket Potato	Vegetarian Lasagne	Tuna Freska Salad	Chicken Gaucha Baguette
Thu 19	Chicken Asian Noodles	Sticky BBQ Chicken With Wedges & Green Beans	Fish Stew & Rice	Vegetables Noodles	Chicken, Brocolli & Mexican Sauce	Serranito(Pork, Peppers & Serrano Ham)
Fri 20	Pasta Bolognese	Breaded Chicken Milanese & Potato	Grilled White Fish & Rice With Green Sauce	Vegetables & Egg Fried Rice	Chicken Cous Cous Salad	Ham & Cheese Omellette
Mon 23	Chicken Quesadilla	Pasta Bolognese	Seafood Noodles	Flamenca Egg & Rice	Chicken Pesto Pasta	Serrano Ham, Curado Cheese & Mashed Tomato
Tue 24	Roasted Pork & Gravy With Rice	African Chicken & Cheese Jacket Potatoes	Cod Teriyaki & Rice	Chickpeas Coconut Curry & Rice	Tomato & Feta Salad	Sausage & Cheese Baguette
Wed 25	Chilli Con Carne	PepperCorn Sauce Pork & Chips	Grilled Salmon With Vegetables & Rice	Gratin Cauliflower & Broccoli Cream	Grilled Chicken Salad	Salmon & Cream Cheese Baguette
Thu 26	Chicken Morroco Cous Cous	Beef Stew	Clam Chowder & Rice	Torta Patata	Chicken Caesar Salad	Tuna & Egg Mayo Baguette
Fri 27	Chicken Pinchito, Fried Egg & Chips	Chicken Paella	Fish Paella	Mushroom Stroganoff	Mediterranean Salad	Serrano Ham & Cheese With Tomato