

MEAL PLAN MENU JULY 2026						
	MT	MT 2	F	V	Salad	Baguette
Wed 1	Beef Pasta Bolognese	Roasted Chicken Wings With Peppers, Onions & Roast Potato GF LF	Fish & Chips LF	Broccoli & Cauliflower Cream	Goats Cheese Salad GF	Olive Oil, Serrano Ham & Cheese
Thu 2	Chicken Paella GF LF	Chicken Burger With Rice & Fresh Tomato LF	Squid With Onion Sauce & Chips GF LF	Vegetarian Fried Rice LF	Tuna Freska Salad GF LF	Torta Patata & Alioli Sauce
Fri 3	Curry Chicken & Rice GF LF	Roasted Chicken, Vegetables & Potato GF LF	Fish Stew GF LF	Salmorejo & Boild Egg GF LF	Chicken Caesar salad	Mojo Picon Chicken
Mon 6	Lentil Stew With Chorizo GF LF	Chilli Con Carne GF LF	Cod Teriyaki, Broccoli & Rice LF	Vegan Lentil Stew GF LF	Tomato Pesto & Feta Salad GF	Pulled Pork & Gravy
Tue 7	Chicken Lasagne	Garlic Chicken With Rice GF LF	Fish Ball With Red Pepper Sauce & Rice	Sautéed Vegetables With Rice LF	Avocado & Poached Salad GF LF	Tuna & Mayo
Wed 8	Pork With Peppercorn Sauce & Chips	Cous Cous, Morocco Chicken & Caramel Onion LF	Salmon & Spinach Pasta With Cream	Vegetarian Mousakka	Tandoori Chicken Salad GF	African Chicken
Thu 9	Beef White Beans Stew GF LF	Pork With Tomato Sauce & Rice GF LF	Fried Lemon Squid & Chips LF	Mac & Cheese Pasta	Cajun Chicken Salad GF LF	Salmon & Cream Cheese
Fri 10	Beef Empanadilla & Chips	Chicken Pesto Pasta	Prawn Egg Asian Noodles LF	Vegetables Egg Asian Noodles LF	Hallomi & Yogurt Salad GF	Torta Patata & Alioli
Mon 13	Chicken Bolognese & Cheese Jacket Potato GF	Beef Burrito	Fish With Castellana Sauce & Rice	Sauteed Asparagus With Rice LF	Sweet Potato & Feta GF	Sausage & Cheese
Tue 14	Secreto With Gaucha Sauce & Chips GF LF	Chicken With Lemon Sauce & Chips GF LF	Prawn Coconut Curry GF LF	Vegetables Wth Sweet Chilli & Rice LF	Chicken Cous Cous Salad	Pesto Mozzarella & Tomato
Wed 15	Chicken Curry & Rice GF LF	Chicken Fajitas LF	Tuna & Cheese Jacket Potato GF	Baked Beans With Cheddar & Chips GF	Tuna & Crab Salad	Tuna & Mayo Baguette
Thu 16	Roquefort Chicken & Chips	Chili Con Carne GF LF	Fish Pie & Green Peas	Pumpkin Coconut Curry & Basmatic Rice GF LF	Chicken Pesto Pasta Salad	Chicken Caesar Baguette
Fri 17	Chicken Pasta Bolognese	Beef Teriyaki, Broccoli & Rice LF	Fish Paella	Stuffed Mushroom Fried Rice LF	Tuna Mediterranean Salad GF LF	Ham & Cheese Omelette
Mon 20	Pinchito Chicken Paella GF LF	Beef Bolognese & Cheese Jacket Pota GF	Prawn Sweet Chilli & Rice LF	Feta Cheese & Tomato Chiche	Russian Salad	Sausage & Cheese Baguette
Tue 21	Beef Stroganoff & Rice	Broccoli & Cheese Quiche	Grilled Lemon Salmon With Sparagus & Rice	Vegetables Pad Thai Noodles LF	Avocado & Boiled Egg Salad GF LF	Bacon & Chicken Mayo Baguette
Wed 22	Roasted Chicken, Veggies & Chips	Chicken Soup & Croutons	Grilled White Fish With Green Garlic Sauce & Rice	Baked Bean & Cheese Jacket Potato GF	Chicken Caesar Salad	Egg & Mayo Baguette
Thu 23	African Chicken Quesadilla	Chicken Fajitta LG	Salmon Quiche	Curried Satay Noodles LF	SweetPotato, Feta & Pomegranate Salad GF	Tandoori Chicken Baguette
Fri 24	Breaded Chicken Milanesa Chips	Scramble Egg, Sweet Potato, Rice & Balsamic Mayo GF	Seafood Fried Rice LF	Mushroom Bolognese Pasta	Falafel & Yogurt Salad	Ham & Coleslaw Baguette
Mon 27	Chicken Meat Balls & Rice LF	Chicken Teriyaki, Broccoli & Rice LF	Prawn Pil Pil Pasta LF	Mushroom Pil Pil Pasta LF	Chicken Quinoa Salad GF	Mojo Picon Chicken
Tue 28	Mustard Chicken & Rice GF	Beef Burrito	Fish Paella GF LF	Vegetarian Paella GF LF	Bacon & Lentil Salad	Coronation Chicken Baguette
Wed 29	Breaded Chicken Milanesa & Chips	Chicken Lasagne	Fsh Ball With Red Pepper Sauce & Rice	Vegetarian Burrito	Chicken & Spinach Salad With Yogurt Sauce	Torta Patata & Alioli
Thu 30	African Chicken & Cheese Jacket Potato GF	Garlic Chicken & Rice	Mexican White Fish & Chips	Salmorejo & Boiled Egg LF	African Chicken Salad	Breaded Chicken & Coleslaw
Fri 31	Asian Chicken Noodles LF	Beef Spicy Empanada & Chips	Fish Fried Rice LF	Falafel With Red Pepper Sauce & Rice	Tuna Mediterranean Salad GF LF	Tomato & Cheese Omelette Baguette