

MEAL PLAN MENU August 2026

	MT	TB	F	V	S	Baguette
Mon 3	Chicken Curry & Basmati Rice GF	Beef Burrito & Potato Wedges	White Fish With Broccoli & Rice GF LF	Pasta With Tomato Sauce & Mushroom	Greek & Feta Salad	Tuna, Sweetcorn & Mayo
Tue 4	Mustard Chicken & Potato GF	Meat Balls With Tomato Sauce & Rice LF	White Fish With Vegetables & Green Sauce GF LF	Vegetables & Cheese Quiche	Chicken Caesar	Chicken Gaucha
Wed 5	Roasted Chicken With Potato & Vegetables GF LF	Pork Chops with Gravy Sauce & Chips GF LF	Prawn & ChickPeas Coconut Cury With Rice	Baked Beans & Cheese Jacket Potato GF	Tuna Nicose	Tomato Pesto & Cheese
Thu 6	Beef with Mushroom Sauce & Potato GF	Chicken Lasagne	Baked Hake With Green Veg & Rice GF LF	Chickpeas & Vegetables With Cous Cous	Roasted Veggies Quinoa	Bacon & Chicken Mayo
Fri 7	Roast Chicken With Broccoli, Rice & Mexican Sauce GF LF	Chilli Con Carne & Rice GF LF	Grilled Salmon & Green Garlic Sauce With Rice GF LF	Spinach & Pasta With Cream	Beetroot & Goats Cheese	Chicken Serranito
Mon 10	Mojo Picon Chicken Quesadilla	Secreto With Chips & Gaucha GF LF	White Fish Papillote With Rice GF LF	Chickpeas Coconut Curry & Basmati Rice GF	Chickepeas Cous Cous	Mojo Picon Chicken
Tue 11	Breaded Chicken Milanese & Chips	Beef Asian Noodles & Vegetables LF	Cod With Green Garlic Sauce & Rice GF LF	Vegetables Soup GF LF	Roasted Pepper & Cheese	Roasted Veggies & Hummus
Wed 12	Chicken With Lemon Sauce & Rice GF LF	Roated Pork With Gravy & Potato GF LF	Prawn & Carrot Coconut Curry With Rice GF	Vegetable Gratin with Potato GF	Carrot & Garlic Salad	Roasted Pork & Gravy
Thu 13	Chicken Fried Rice LF	Teriyaki Chicken, Broccoli & Rice LF	Clam Chowder with Rice GF LF	Vegetable Quiche	Lentil & Rice	Egg. Mayo & Chives
Fri 14	Roquefort Chicken, Green Veg & Rice	Chicken & Bacon & Castellana Sauce	Salmon Quiche	Pumpkin & Coconut Curry GF	Tomato, Cucumber & Red Pepper	Torta Patata & Alioli
Mon 17	Chicken Burrito	BBQ Pulled Pork With Chips GF LF	Tuna & Cheese Quiche	Mac & Cheese	Grilled Chicken	Bacon, Lettuce & Tomato(BLT)
Tue 18	Chicken Teriyaki With Rice & Broccoli LF	Pork With Peppercorn Sauce & Chips	Cod With Green Garlic Sauce & Rice GF LF	Cheese & Caramelised Onion Quiche	Tuna Freska	Tandoori Chicken
Wed 19	Chicken Croquette & Torta Patata	Chicken & Cheese Burger With Potato	Tuna Egg Noodles LF	Vegetarian Moussaka	Italian Potato	BBQ Chicken
Thu 20	Roasted Chicken With Vegetables GF LF	Sticky BBQ Chicken & Chips GF LF	White Fish With Vizzaina Sauce GF LF	Vegetables Noodles LF	Falafel & Yogurt	Cheese & Pomodoro Sauce
Fri 21	Pasta Bolognese	Chicken Gaucha Quesadilla	Grilled White Fish & Rice With Green Sauce GF LF	Vegetables & Egg Fried Rice LF	Chicken Pesto Pasta	Tuna & Mayo
Mon 24	Almond Chicken & Rice LF	African Chicken & Cheese Jacket Potatoes GF	Cod Teriyaki & Rice LF	Baked Beans & Cheese Jacket Potato GF	Green Vegetables	African Chicken Baguette
Tue 25	Serrano Ham Croquettes & Chips	PepperCorn Sauce Pork & Chips	Seafood Fried Rice LF	Gratin Cauliflower & Broccoli Cream	Mediterranean	Serrano Ham & Cheese
Wed 26	Chicken Morroco Cous Cous LF	Chicken Stroganoff & Rice	Clam Chowder & Rice GF LF	Falafel, Rice & Red Peppers Sauce GF LF	Feta, Cucumber & Tomato	Ham, Egg. Cheese & Mayo
Thu 27	BBQ Chicken Noodles LF	Chicken Paella GF LF	Fish Paella GF LF	Mushroom Stroganoff	Chicken Quinoa	Tomato Pesto & Cheese
Fri 28	Roasted Pork & Gravy With Rice GF LF	Chicken Quesadilla & Potato Wedges	Fish White With Almond Sauce	Spinach & Cheese Pasta	Broccoli & Cauliflower	Chicken Gaucha