

MEAL PLAN MENU September 2026

	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguette
Tue 1	Mustard Chicken & Rice	Pork Chops, Green Beans & With Gravy and Rice	Fish Paella	Vegetarian Paella	Tuna Nicose	Pulled Pork & Gravy
Wed 2	Beef Pasta Bolognese	African Chicken & Cheese Jacket Potato	Fish & Chips	Broccoli & Cauliflower Cream	Tuna Rice Salad & Balsamic Mayo	Torta Patata
Thu 3	Gratin Bacon & Cheddar Sauce With Potato	Chicken Curry & Basmatic Rice	Squid & Potato Stew	Vegetarian Fried Rice	Cous Cous Salad	Serranito
Fri 4	Pedro Ximenez Chicken & Rice	Roasted Chicken, Peppers, Onion & Potato	Tuna & Cheese Jacket Potato	Roasted Vegetables & Teriyaki With Rice	Chicken Caesar Salad	Bacon & Egg
Mon 7	Carbonara Pasta	Chorizo Lentil Stew	Cod Teriyaki, Broccoli & Rice	Vegan Lentil	Tuna Freska Salad	Coronation Chicken
Tue 8	Chicken Lasagne	Garlic Chicken & Rice	Fish Balls, Red Pepper Sauce & Rice	Sauteed Vegetables With Rice	Sweet Potatao, Feta & Pomegranate	Tuna & Mayo
Wed 9	Peppercorn Pork & Chips	Morocco Chicken Style	Salmon & Spinach Pasta	Vegetable Mousaka	Tuna Russian Salad	Tomato, Mozzarella & Pesto
Thu 10	Sausage & Gravy With Mashed Potato & Grean Peas	Pork With Tomato Sauce & Rice	Fish With Sweet Chilli & Chips	Mac & Cheese	Chicken Pesto Pasta Salad	Cheese & Pomodoro Sauce
Fri 11	Chicken Pesto Pasta	Beef Empanadilla & Chips	Egg Seafood Noodles	Vegetarian Egg Noodles	Mediterranean Salad	African Chicken
Mon 14	English Sausage, Gravy, Peas & Mashed Potato	Castellana Sauce Chicken & Rice	Castellana Fish & Rice	Sauteed Asparagus, Egg Fried Rice	Mexican Pasta Salad	Chicken Gaucha
Tue 15	Chicken With Lemon Sauce & Chips	Secreto With Gaucha Sauce & Chips	Prawn Coconut Curry & Rice	Vegetables With Sweet Chilli Sauce & Rice	Greek Salad	Roasted Pork & Apple Sauce
Wed 16	Chicken Curry & Rice	Chicken Fajita	Tuna & Cheese Jacket Potato	Cauliflower Gratin With Cheddar & Chips	Chicken Quinoa Salad & Balsamic Vinegar	Breaded Chicken & Mayo
Thu 17	Roquefort Chicken & Chips	Carbonara Pasta	White Fish With Green Garlic Sauce & Rice	Pumpkin Coconut Curry & Basmati Rice	Bacon Lentil Salad	Chicken & Roquefort Sauce
Fri 18	Beef Pasta Bolognese	Chicken Teriyaki & Rice	Fish Paella	Spinach Quiche	Tandoori Chicken Salad	Chicken Tikka
Mon 21	Chicken Meat Balls With Tomato Sauce & Rice	Chicken Teriyaki, Broccoli & Rice	Seafood Fried Rice	Mushroom Pil Pil Pasta	Tuna, Olives, Egg, Onion & Potato	African Chicken
Tue 22	Chicken Wings & Chips	Chimichurri Chicken & Chips	Tuna & Cheese Jacket Potato	Vegetables Pad Thai Noodles	Falafel Salad & Yogurt	Ham & Cheese Omelette
Wed 23	Beef Burrito	Chicken With Green Grallic Sauce & Rice	Fish & Clam Chowder	Baked Beans & Cheese Jacket Potato	Feta Rice Salad	Grilled Chicken & Cheese
Thu 24	African Chicken Quesadilla	Chicken Fajita	Salmon Quiche	Curry & Vegetables Noodles	Mexican 3 Beans Salad	Tuna & Mayo
Fri 25	Breaded Chicken Milanese & Chips	Carbonara Pasta	Grilled Lemon Salmon, Veg & Rice	Mushroom & Pasta Bolognese	Potato Salad	Mojo Picon Chicken
Mon 28	Roquefort Chicken & Fried Sweet Potato	Chicken Teriyaki, Broccoli & Rice	Clam Pil Pil Pasta	Mushroom Pil Pil Pasta	Tomato & Onion Salad With Tuna	Turkey & Cream Cheese Baguette
Tue 29	Breaded Chicken Milanese & Potato	Pork With Onion Sauce & Chips	Tuna & Tomato Sauce Pasta	Mushroom Pil Pil Pasta	Feta Cheese & Sweet Chilli Rice Salad	African Chicken
Wed 30	Chicken Croquettes & Chips	Chimichurri Chicken, Green Vegetables & Rice	Cod With Pisto Sauce & Rice	Pisto With Fried Egg & Rice	Feta Pesto Pasta Salad	Sausage & Cheese