

MEAL PLAN MENU OCTOBER & NOVEMBER 2024



	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes
October						
Tue 1	Chicken Paella	Beef Chilli & Rice	Prawn Noodles	Curried Satay Noodles	Tuna Rice	Chicken African, Onion & Mayo
Wed 2	Pasta Bolognese	Carbonara Pasta	Salmon Quiche	Vegetarian Bolognese	Chicken Pesto Pasta	Tomato & Cheddar
Thu 3	Beef Burrito	Teriyaki Chicken With Rice	Seafood Fried Rice	Mushroom Pil Pil Pasta	Falafel Salad	Roast Pork & Mayo
Fri 4	Chicken Curry & Rice	Chimichurri Chicken, Peppers & Pasta	Prawn Pil Pil Pasta	Spinach Cannelloni	Crab Salad	Tomato & Mozzarella
Mon 7	Chilli Con Carne & Rice	Meat Balls With Tomato Sauce & Rice	Clam Chowder & Rice	Stuffed Mushroom & New Potatoes	Coronation Chicken & Rice	Tomato, Ham & Cheese
Tue 8	Chicken Breast with Tomato Sauce, Broccoli & Rice	Grilled African Chicken With Onion & Quinoa	Baked Hake, Quinoa & Vegetables	Sweet Potato & Coconut Curry	Mozzarella Italian Potato	Serrano Ham & Manchego Cheese
Wed 9	Chicken Noodles	Roast Beef With Green Peas & Mashed Potato	Tuna Stew & Rice	Vegetarian Stew & Potatoes	Chicken, Vegetable & Rice	Pata & Gravy Baguette
Thu 10	Shepherd's Pie & Peas	Chicken Quesadilla & Wedges Potatoes	Sweet & Sour Prawn With Rice	Breaded Aubergine & Steamed Vegetables	Cajun Chicken & Pasta	Hummus & Peppers
Fri 11	Chicken Gaucha & Chips	Beef Lasagne	Fish Paella	Vegetarian Paella	Vegetable Pesto Pasta	Bacon, Lettuce & Tomato
Mon 14	Tandoori Chicken with Fried Rice	Chicken Burrito & Mixed Salad	Cod Cream, Quinoa & Vegetables	Vegetarian Burrito	Goat Cheese Salad	Bacon & Cheese

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Tue 15	Chicken With Parmesan Sauce & Fried Potato	Chilli Con Carne & Rice	White Fish with Green Sauce, Rice & Vegetables	Mushroom With Sweet Chilli, Rice & Veggies	Chicken Caesar	Hashbrown & Egg
Wed 16	Beef Meat Balls & Rice	Moroccan Pinchitos With Roast Peppers & Wedges	Prawn Fried Rice	Stuffed Courgette & Baby Potatoes.	Mexican & 3 Beans	Tortilla Patata
Thu 17	Beef Noodles	Sweet & Sour Chicken With Rice	Fish Pie & Carrots	Vegetarian Pie & Carrots	Tuna Rice	Sausage & Cheese
Fri 18	Chicken Pad Thai Noodles & Vegetables	Almond Chicken & Rice	Prawn Pil Pil Pasta	Spinach Pesto Pasta	Breaded Chicken Salad	Mozarella & Tomato
Mon 21	Pasta Bolognese	Beef Meat Balls With Rice, Peppers & Garlic sauce	Cod, Mashed Potatoes & Green Sauce.	Mushroom Pil Pil Pasta	Tuna & Crab Pasta	Grilled Chicken & Gaucha
Tue 22	Beef Goulash & Mashed Potato	Chicken Fried Rice With Egg & Vegetables	Fish Paella	Vegetarian Paella	Falafel Salad	Tuna, Mayo & Cucumber
Wed 23	Chicken Quesadilla & Wedges	Teriyaki Chicken With Rice	Fish Stew & Mash	Stuffed Mushroom With Cheese & Sweet Potato	Grilled Chicken & Rice	Roasted Pork
Thu 24	Marrocco Chicken Style, Cous Cous & Vegetables	Breaded Chicken Milanese & Wedges	Fish Ball With Pepper Sauce & Rice	Vegan Tandoori Tofu & Rice	Tuna Freska	Roast Chicken & Alioli
Fri 25	Breaded Chicken Milanese & Chips	Beef Lasagne	Prawn Noodles	Pumpkin Fried Rice	Vegan Lentil	Bacon & Cheese

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	Mon 28	Beef Satay Noodles	Almond Chicken & Rice	Tuna Poke Bowl	Mushroom Pil Pil Pasta	Chicken Caesar Salad	Tortilla & Alioli
	Tue 29	Chicken With Parmesan Sauce & Fried Potato	Roasted Chicken With Rosmary Potatoes & Peppers	Prawn Fried Rice	Vegan Protein Box (SALAD)	Tuna Rice	Ham & Cheese
	Wed 30	Bacon & Carbonara Pasta	Beef Empanadilla & Salad	Cod Teriyaki, Broccoli & Rice	Broccoli & Feta Quiche	Feta & Pesto Pasta Salad	Serrano Ham & Manchego Cheese
	Thu 31	Chicken Curry & Rice	Chicken Croquettes & Coleslaw	Sweet & Sour Prawn With Rice	Vegetable Moussaka	Falafel Salad	Tuna, Mayo, Lettuce & Tomato
	November						
	Fri 1	Beef Burrito & Wedges	Chicken Thai Green Curry & Rice	Clam Chowder & Rice	Vegan Lentil & Rice	Tuna Freska Salad	Egg & Mayo
	Mon 4	Beef Stew & Mashed Potatoes	Chicken, Tomato Sauce & Rice	Fish Paella	Staffed aubergine With Cheese & Parsley Potatoes	Falafel Salad	Roast Beef & Peppers
	Tue 5	Chicken Tandoori, Broccoli & Rice	Garlic Chicken With Potato, Peppers & Onions	Baked Hake, Quinoa & Vegetables	Mushroom Stroganoff	Chicken Cous Cous Salad	Mozzarella & Tomato
	Wed 6	Chicken Burrito & Potato Wedges	Beef Chilli Con Carne & Rice	Fish Stew & Rice	Vegetarian Musaka	Prawn , Lettuce & Cocktail Sauce Salad	African Chicken
	Thu 7	Beef Pie & Peas	Beef Meat Balls With Rice & Tomato Sauce	Scrambled Eggs, Asparagus With Prawn & Steamed Rice	Breaded Courgette With Cheese & Vegetables	Vegetable Pasta Salad	Sausage & Egg
	Fri 8	Chicken Quesadilla & Wedges	Pasta Bolognese & Side Salad	Salmon Egg Noodles & Vegetables	Flamenco Egg & Rice	Chicken Pesto Pasta	Serrano Ham, Curado Cheese & Mashed Tomato

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Mon 11	Breaded Chicken Filled With Serrano Ham, Cheese, Peppers & Chips	Chicken Burrito & Wedges	Seafood Fried Rice	Broccoli & Cauliflower With Cream	Goat Cheese Salad	Bacon & Cheese	
Tue 12	Chicken Skewers & Fried Sweet Potatoes	Breaded Chicken Milanese & Wedges	Prawn Pil Pil Pasta	Sweet Potato & Coconut Curry	Chicken Caesar Salad	Bacon, Lettuce & Tomato	
Wed 13	Beef Burrito & Potato Wedges	Tandoori Chicken Wrap With Salad & Wedges	Sweet & Sour Prawns With Rice	Stuffed Courgette & Baby Potatoes.	Mexican & 3 Beans Salad	Tortilla Patata & Alioli	
Thu 14	Chicken & Vegetables Noodles	Shepherd's Pie & Mixed Salad	Fish Balls With Red Peppers Sauce & Rice	Vegetarian Pie & Carrots	Tuna Rice Salad	Sausage & Cheese	
Fri 15	Roast Chicken With Broccoli, Rice & Mexican Sauce	Chilli Con Carne & Rice	White Fish With Broccoli & Rice	Spinach Cannelloni & Side Salad	Crab, Sweetcorn, Lettuce & Cocktail Sauce Salad	Chicken Gaucha Baguette	
Mon 18	Lasagne	Chicken Quesadilla & Wedges	Prawn Egg Noodles	Vegetables Lasagne	Chicken & Sweet Potato Salad	Roasted Pork Serranito With Mayo	
Tue 19	Chicken Kebab With Pitta Bread & Chips	Chicken Pad Thai Noodles & Vegetables	Cod With Lemon Sauce & Rice	Mushroom Satay Noodles	Tuna Rice Salad	Mojon Picon Chicken & Manchego Cheese	
Wed 20	Beef Pie & Peas	Chicken & Almonds, Sautéed Vegetables & Pumpkin	Salmon & Spinach Spaghetti	Spicy Sautéed Broccoli, Mushrooms & Steamed Rice	Russian Salad	Tandoori Chicken & Salad	
Thu 21	Chicken Curry With Rice	Sautéed Rice With Chicken, Prawn, Egg & Carrots	Clam Chowder with Rice	Vegetable Bake	Tandoori Chicken Salad	Serrano Ham & Green Pepper	
Fri 22	Beef Goulash & Mashed Potato	Pork With Tomato Sauce & Rice	Salmon Quiche	Pumpkin & Coconut Curry	Falafel With Yogurt Sauce Salad	Torta Patata & Alioli	

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Mon 25	Meat Balls With Tomato Sauce & Rice	Beef Stroganoff & Rice	Fish & Chips	Vegetarian Burrito & Wedges	Chic Peas & Feta Salad	Chicken Africano, Onion & Mayo
Tue 26	Chicken Teriyaki With Rice & Broccoli	Pork With Peppercorn Sauce & Chips	Fish Pie & Mixed Salad	Cheese & Caramelised Onion Quiche	Chicken Quinoa Salad	Roast Pork & Apple Sauce
Wed 27	Chicken Gaucha & Chips	Chicken Teriyaki	Prawn Egg Noodles	Vegetarian Lasagne & Mixed salad	Tuna Freska Salad	Chicken Gaucha Baguette
Thu 28	Beef Noodles & vegetables	Sticky BBQ Chicken With Wedges & Green Beans	Fish Stew & Rice	Vegetables Noodles	Chicken, Broccoli & Mexican Sauce	Serranito(Pork, Peppers & Serrano Ham)
Fri 29	Pasta Bolognese	Breaded Chicken Milanese & Wedges Potatoes	Fried White Fish & Chips	Vegetables & Egg Fried Rice	Chicken Cous Cous Salad	Ham & Cheese Omelette