

# MEAL PLAN MENU DECEMBER 2024



	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes
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## November

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

## December

Mon 2	Sweet & Sour Chicken with Rice	Chilli Beef & Rice	Clam Chowder & Rice	Vegetarian Chilli & Rice	Goat Cheese Salad	Pork, Serrano Ham, Pepper & Mayo
Tue 3	Shepherd's Pie & Peas	Chicken with Parmesan Sauce, Wedges & Vegetables	Prawn Fried Rice	Vegetarian Burrito & Potatoes Wedges	Green Beans, Tuna, & Boiled Egg	Chicken & Cheese Gaucha
Wed 4	Carbonara Pasta	Jacket Potato with Chilli Con Carne	Prawn Egg Noodles	Sweet Potato & Coconut Curry	Red Pepper, Tuna, Onion & Potatoes	Tortilla Patata & Cocktail Sauce
Thu 5	Morocco Chicken Cous Cous & Vegetables	Beef Stroganoff	Cod Teriyaki & Mashed Potatoes	Vegetarian Musaka	Chicken Ceasar Salad	Morocco Chicken, Salad & Cocktail Sauce
Fri 6	Pedro Jimenez Chicken With Rice	Chicken Thai Green Curry	Fish Stew & Rice	Jacket Potatoes Filled With Beans & Cheese	Breaded Chicken Salad	Pork & Manchego Cheese

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Mon 9	Almond Chicken & Rice	Chicken Burrito with Wedges	Clam Chowder	Curried Satay Noodles	Freska Salad	Smoked Salmon, Capers & Cream Cheese
Tue 10	Chicken Noodles & Vegetables	Carbonara Pasta	White Fish, Parley & Garlic Sauce with Rice	Vegetable Egg Noodles	Tuna & Crab Pasta Salad	African Chicken, Mayo & Onion
Wed 11	Beef Burrito & Wedges	Beef Meatballs with Broccoli, Rice & Tomato Sauce	Sweet & Sour Prawn with Rice	Spinach Pesto Pasta	Russian Salad	Roast Pork & Gravy Sauce
Thu 12	Sticky BBQ Chicken with Wedges & Green Beans	Fried Prawn Rice & Vegetables	Prawn Pil Pil Pasta	Spinach & Cheese Quiche	Chicken Training Box	Serrano Ham & Manchego Cheese
Fri 13	Beef Lasagne	Chicken Quesadilla & Wedges Potatoes	Prawn Noodles	Vegetable Bake	Mexican 3 Beans Salad	Pork Loin & Green Peppers Sauce
Mon 16	Pork With Pepper Corn & Chips	Chicken Paella & Side Salad	Tuna & Broccoli Quiche with Side Salad	Broccoli & Cauliflower Gratin with Cream	Italian Potato Salad	Torta Patata & Alioli Baguette
Tue 17	Beef Meat Balls with Tomato Sauce & Rice	Chicken Burrito & Wedges	Prawn Pad Thai Noodles & Vegetables	Stuffed Mushroom with Cheese & Vegetables	Tandoori Chicken Salad	Mojo Picon Chicken & Salad
Wed 18	Chicken Teriyaki with Broccoli & Rice	Tandoori Chicken Wrap with Salad & Wedges	Asparagus With Prawn & Steamed Vegetables	Cheese & Caramelised Onion Pie	Russian Salad	Tuna Mayo & Salad
Thu 19	Chicken Curry & Rice	Beef Lasagne	Fish Paella	Mushroom Stroganoff	Mackerel With Tomato Sauce Salad	Tandoori Chicken & Salad
Fri 20	Chicken Pinchotto Pitta Bread	Spaghetti Bolognese	Prawn Curry	Creamy Courgette Lasagne	Chicken Ceasar Salad	

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Mon 23	Chicken Quesadilla & Wedges	Beef Meat Balls with Tomato Sauce & Rice	Prawn Fried Rice	Mushroom Pil Pil Pasta	Halloumi & Broccoli Salad	Sausage & Cheese
Tue 24	Beef Goulash with Carrot & Mashed Potatoes	Sticky BBQ Chicken with Wedges & Green Beans	Sweet & Sour Prawn with Rice	Vegan Lentil with Rice	Cajun Chicken Salad	Smoked Salmon, Capers & Cream Cheese
Wed 25			WE WISH YOU A MERRY CHRISTMAS			
Thu 26			BANK HOLIDAY			
Fri 27			CLOSED			
Mon 30	Chicken Paella & Side Salad	Chicken Gaucha & Chips	Salmon With Spinach Quiche & Side Salad	Tomato With Feta Quiche & Side salad	Tuna Freska Salad	African Chicken
Tue 31	Roast Pork with Gravy & Potatoes	Beef Lasagne	Clam Chowder & Rice	Vegetarian Moussaka	Ham & Cheese Salad	Roast Pork & Gravy Baguette