

MEAL PLAN MENU JANUARY – FEBRUARY 2025



	Meat 1	Meat 2	Fish	Vegetarian	Salad	Baguettes
January						
Mon 13	Tandoori Chicken with Fried Rice	Chicken Burrito & Mixed Salad	Cod Cream, Quinoa & Vegetables	Vegetarian Burrito	Goat Cheese Salad	Bacon & Cheese
Tue 14	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 15	Beef Meat Balls & Rice	Moroccan Pinchitos with Roast Peppers & Wedges	Prawn Fried Rice	Stuffed Courgette & Baby Potatoes.	Mexican & 3 Beans	Tortilla Patata
Thu 16	Beef Noodles	Sweet & Sour Chicken with Rice	Fish Pie & Carrots	Vegetarian Pie & Carrots	Tuna Rice	Sausage & Cheese
Fri 17	Chicken Pad Thai Noodles & Vegetables	Almond Chicken & Rice	Prawn Pil Pil Pasta	Spinach Pesto Pasta	Breaded Chicken Salad	Mozzarella & Tomato
Mon 20	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 21	Beef Goulash & Mashed Potato	Chicken Fried Rice with Egg & Vegetables	Fish Paella	Vegetarian Paella	Falafel Salad	Tuna, Mayo & Cucumber
Wed 22	Chicken Quesadilla & Wedges	Teriyaki Chicken with Rice	Fish Stew & Mash	Stuffed Mushroom with Cheese & Sweet Potato	Grilled Chicken & Rice	Roasted Pork
Thu 23	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

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	Fri 24	Breaded Chicken Milanese & Chips	Beef Lasagne	Prawn Noodles	Pumpkin Fried Rice	Vegan Lentil	Bacon & Cheese
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	Mon 27	Beef Satay Noodles	Almond Chicken & Rice	Tuna Poke Bowl	Mushroom Pil Pil Pasta	Chicken Caesar Salad	Tortilla & Alioli
	Tue 28	Chicken With Parmesan Sauce & Fried Potato	Roasted Chicken with Rosmary Potatoes & Peppers	Prawn Fried Rice	Vegan Protein Box (SALAD)	Tuna Rice	Ham & Cheese
	Wed 29	Bacon & Carbonara Pasta	Beef Empanadilla & Salad	Cod Teriyaki, Broccoli & Rice	Broccoli & Feta Quiche	Feta & Pesto Pasta Salad	Serrano Ham & Manchego Cheese
	Thu 30	Chicken Curry & Rice	Chicken Croquettes & Coleslaw	Sweet & Sour Prawn with Rice	Vegetable Moussaka	Falafel Salad	Tuna, Mayo, Lettuce & Tomato
	Fri 31	Beef Burrito & Wedges	Chicken Thai Green Curry & Rice	Clam Chowder & Rice	Vegan Lentil & Rice	Tuna Freska Salad	Egg & Mayo

February

	Mon 3	Beef Stew & Mashed Potatoes	Chicken, Tomato Sauce & Rice	Fish Paella	Stuffed aubergine with Cheese & Parsley Potatoes	Falafel Salad	Roast Beef & Peppers
	Tue 4	Chicken Tandoori, Broccoli & Rice	Garlic Chicken with Potato, Peppers & Onions	Baked Hake, Quinoa & Vegetables	Mushroom Stroganoff	Chicken Cous Cous Salad	Mozzarella & Tomato
	Wed 5	Chicken Burrito & Potato Wedges	Beef Chilli Con Carne & Rice	Fish Stew & Rice	Vegetarian Musaka	Prawn, Lettuce & Cocktail Sauce Salad	African Chicken
	Thu 6	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 7	Chicken Quesadilla & Wedges	Pasta Bolognese & Side Salad	Salmon Egg Noodles & Vegetables	Flamenca Egg & Rice	Chicken Pesto Pasta	Serrano Ham, Curado Cheese & Mashed Tomato

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Mon 10	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 11	Chicken Skewers & Fried Sweet Potatoes	Breaded Chicken Milanese & Wedges	Prawn Pil Pil Pasta	Sweet Potato & Coconut Curry	Chicken Caesar Salad	Bacon, Lettuce & Tomato
Wed 12	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 13	Chicken & Vegetables Noodles	Shepherd's Pie & Mixed Salad	Fish Balls with Red Peppers Sauce & Rice	Vegetarian Pie & Carrots	Tuna Rice Salad	Sausage & Cheese
Fri 14	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 17	Beef Satay Noodles	Almond Chicken & Rice	Tuna Poke Bowl	Mushroom Pil Pil Pasta	Chicken Caesar Salad	Tortilla & Alioli
Tue 18	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 19	Beef Pie & Peas	Chicken & Almonds, Sautéed Vegetables & Pumpkin	Salmon & Spinach Spaghetti	Spicy Sautéed Broccoli, Mushrooms & Steamed Rice	Russian Salad	Tandoori Chicken & Salad
Thu 20	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 21	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 24	Meat Balls with Tomato Sauce & Rice	Beef Stroganoff & Rice	Fish & Chips	Vegetarian Burrito & Wedges	Chick Peas & Feta Salad	Chicken Africano, Onion & Mayo
Tue 25	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 26	Chicken Gaucha & Chips	Chicken Teriyaki	Prawn Egg Noodles	Vegetarian Lasagne & Mixed salad	Tuna Freska Salad	Chicken Gaucha Baguette
Thu 27	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 28	Pasta Bolognese	Breaded Chicken Milanese & Wedges Potatoes	Fried White Fish & Chips	Vegetables & Egg Fried Rice	Chicken Cous Cous Salad	Pasta Bolognese