

Delivered Meals April 2025

		Monday	Tuesday	Wednesday	Thursday	Friday	
WC 31st March 2025	Main	Meat	Chicken Casserole	Roast Chicken	Pork Ribs	Roasted Gammon	Jerk Chicken
		Fish	Steamed Fish	Fried Fish	Fried Fish	Grilled Mackerel	Fried Fish
		Veg	Veggie Chicken Pieces	Veggie Mince Pie	Veggie Chicken Pieces	Veggie Mince	Veggie Chicken Pieces
	Carb	Rice	Plain Rice	Roast Potatoes	Seasoned Rice	Jollof Rice	Rice and Peas
		Potato	Mashed Potatoes	Rice & Peas	Boiled Potatoes	Roast Potatoes	Fried Dumpling
	Side	Mix Vegetables	Roasted Veg	Mix Vegetables	Roasted Veg	Salad	
	Dessert	Fruit	Jelly and Ice Cream	Fruit	Cake & Custard	Jelly and Ice Cream	

		Monday	Tuesday	Wednesday	Thursday	Friday	
WC 7th April 2025	Main	Meat	Chicken Wings	Chicken Foot and Beans	Chicken Stir Fry & Noodles	Stew Chicken	Oxtail
		Fish	Tuna Pasta	Cabbage and Saltfish	Steamed Fish	Mackerel Rundown	Ackee & Saltfish
		Veg	Veggie Stew	Spicy Bean Stew	Veggie Stir Fry & Noodles	Veggie Stew	Veggie Chicken pieces
	Carb	Rice	Rice and Peas	Plain Rice		Boiled Potatoes, Green Banana	Rice and Peas
		Potato	Boiled Potatoes	Boiled Potatoes	Boiled Potatoes	Boiled Dumpling	Boiled Potatoes
	Side	Mix Vegetables	Broccoli and Carrots	Mix Vegetables	Steamed Cabbage	Steamed Cabbage	
	Dessert	Fruit	Fruit	Fruit	Apple Crumble & Custard	Fruits	

		Monday	Tuesday	Wednesday	Thursday	Friday	
WC 14th April 2025	Main	Meat	Roasted Pork	Cowfoot and Beans	Roast Chicken	Jerk Chicken	**Good Friday**
		Fish	Stew Fish	Escovich Fish	Fried Fish	Callaloo and Saltfish	
		Veg	Veggie Chicken Pieces	Veggie Mince	Veggie Stew	Veggie Mince	
	Carb	Rice	Vegetable Rice	Seasoned Rice	Rice and Peas	Rice & Peas	
		Potato	Mashed Potatoes	Roast Potatoes	Roast Potatoes	Chips	
	Side	Mix Vegetables	Carrots and Broccoli	Roasted Vegetables	Peas		
	Dessert	Fruit	Cake and Custard	Fruit	Fruit Cocktail and Ice Cream		

		Monday	Tuesday	Wednesday	Thursday	Friday	
WC 21st April 2025	Main	Meat	**Easter Monday**	Stew Beef	Jerk Chicken	Sweet and Sour Chicken	Curry Chicken
		Fish		Fried Fish	Callaloo & Saltfish	Stew Fish	Steamed Fish
		Veg		Vegetable Curry	Veggie Mince	Sweet and Sour Veggie Chicken	Chick Pea and Potato Curry
	Carb	Rice		Rice and Peas	Rice & Peas	Plain Rice	Boiled Potatoes
		Potato		Roast Potatoes	Boiled Potatoes	Boiled Potatoes	Plain Rice
	Side		Roasted Veg	Steamed Cabbage	Vegetables	Vegetables	
	Dessert		Fruit Cocktail and Ice Cream	Fruit	Fruit	Cake and Custard	