



MEALS CLUB | SUMMER MENU

30th June to 1st August

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

W/c 30th June

Cottage Pie / Lentil Cottage Pie / Calaloo & Saltfish

Mashed Potatoes / Plain Rice with Broccoli & Carrots

Fresh Fruit

Fried Chicken / Fried Fish / Veggie Chicken Pieces

Rice & Peas / Chips with Green Peas

Cake & Ice Cream

Meatballs in Gravy / Cabbage & Saltfish / Veggie Meatballs

Rice & Peas / Boiled Potatoes with Broccoli & Carrots

Fresh Fruit

Curry Chicken / Fried Fish / Veggie Curry

Seasoned Rice / Boiled Potatoes with Salad

Fresh Fruit

Sweet & Sour Chicken / Grilled Mackerel / Sweet & Sour Veggie Chicken

Rice & Pea / Boiled Potatoes with Steamed Cabbage

Fruit & Ice Cream

W/c 7th July

Roast Pork in Gravy / Fried Fish / Vegetable Casserole

Rice & Peas / Roast Potatoes with Roast Vegetables

Fresh Fruit

BBQ Chicken / Escovish Fish / Curry Veggie Pieces

Rice & Peas / Boiled Potatoes with Mix Vegetables

Fresh Fruit

Stew Chicken / Grilled Mackerel / Veggie Stew

Boiled Dumpling, Boiled Potatoes with Steamed Cabbage

Fresh Fruit

Fried Chicken / Steamed Fish / Veggie Mince

Rice & Peas / Mashed Potatoes with Salad

Jelly & Ice Cream

Meatballs in Gravy / Fried Fish / Veggie Meatballs

Rice & Peas / Boiled Potatoes with Broccoli & Carrots

Jelly & Ice Cream

W/c 14th July

Stew Chicken / Stew Fish / Veggie Chicken Pieces

Vegetable Rice / Mashed Potatoes with Mix Vegetables

Fresh Fruit

Cowfoot and Beans / Escovish Fish / Veggie Mince

Seasoned Rice / Roast Potatoes with Carrots & Broccoli

Cake & Custard

Roast Chicken / Fried Fish / Veggie Stew

Rice & Peas / Roast Potatoes with Roast Vegetables

Fresh Fruit

Curry Chicken / Grilled Mackerel / Chickpea & Potato Curry

Plain Rice / Boiled Potatoes with Mix Vegetables

Fresh Fruit

Jerk Chicken / Callaloo & Saltfish / Veggie Mince

Rice & Peas / Chips with Green Peas

Jelly & Ice Cream

W/c 21st July

Chicken Wings and Rice & Peas / Tuna Pasta / Veggie Stew and Rice & Peas

with Mix Vegetables

Fresh Fruit

Indian chicken Curry / Escovish Fish / Chickpea Curry

Plain Rice / Mashed Potatoes with Cabbage

Jelly & Ice Cream

Chicken Stir Fry with Noodles / Steamed Fish with Boiled Potatoes / Veggie Stir Fry with Noodles

with Mix Vegetables

Fresh Fruit

Stew Chicken / Stew Fish / Veggie Stew

Boiled Potatoes / Boiled Dumpling with Steamed Cabbage

Fresh Fruit

Curry Goat / Ackee & Saltfish / Veggie Chicken Pieces

Rice & Peas / Boiled Potatoes with Salad

Fresh Fruit

W/c 28th July

Indian Chicken Curry / Steamed Fish / Chickpea Curry

Vegetable Rice / Mashed Potatoes with Cabbage

Fresh Fruit

Roast Pork / Grilled Mackerel / Veggie Stew

Seasoned Rice / Roast Potatoes with Roast Vegetables

Fruit Cocktail & Ice Cream

Fried Chicken / Fried Fish / Veggie Mince

Seasoned Rice / Boiled Potatoes with Mix Vegetables

Fresh Fruit

Spaghetti Bolognese / Stew Fish with seasoned Rice / Veggie Spaghetti Bolognese

With Carrots & Broccoli

Fruit Cocktail

BBQ Chicken / Escovish Fish / Veggie Chicken Pieces

Rice & Peas / Chips with Green Peas

Fresh Fruit