



MEALS CLUB | SUMMER MENU

27th May to 27th June

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

W/c 27th May

BANK HOLIDAY

Fried Chicken / Fried Fish
/ Veggie Chicken Pieces

Rice & Peas / Chips
with Green Peas

Cake & Ice Cream

Cottage Pie / Lentil Cottage
Pie / Calaloo & Saltfish

Mashed Potatoes / Plain Rice
with Broccoli & Carrots

Fresh Fruit

Curry Chicken / Fried Fish
/ Veggie Curry

Seasoned Rice / Boiled Potatoes
with Salad

Fresh Fruit

Meatballs in Gravy / Cabbage
& Saltfish / Veggie Meatballs

Rice & Peas / Boiled Potatoes
with Salad

Fresh Fruit

W/c 2nd June

Chicken Casserole / Tuna
Pasta / Vegetable Casserole

Boiled Potatoes
with Mix Vegetables

Fresh Fruit

Curry Goat / Stew Fish
/ Veggie Curry

Plain Rice / Boiled Potatoes
with Salad

Jelly & Ice Cream

BBQ Chicken Wings / Steamed
Fish / Veggie Mince

Seasoned Rice / Boiled Potatoes
with Mix Vegetables

Fresh Fruit

Roast Pork in Gravy / Fried Fish
/ Vegetable Casserole

Rice & Peas / Roast Potatoes
with Roast Vegetables

Jelly & Ice Cream

Fried Chicken / Fried Fish
/ Veggie Chicken Pieces

Rice & Peas / Chips
with Green Peas

Fresh Fruit

W/c 9th June

Stew Chicken / Stew Fish
/ Veggie Chicken Pieces

Vegetable Rice / Mashed Potatoes
with Salad

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

Jerk Chicken / Callaloo &
Saltfish / Veggie Mince

Rice & Peas / Chips
with Green Peas

Fresh Fruit

Curry Chicken / Grilled Mackerel
/ Chickpea & Potato Curry

Plain Rice / Boiled Potatoes
with Mix Vegetables

Fresh Fruit

W/c 16th June

BBQ Chicken / Escovish Fish
/ Curry Veggie Pieces

Rice & Peas / Boiled Potatoes
with Mix Vegetables

Fresh Fruit

Indian chicken Curry / Escovish
Fish / Chickpea Curry

Plain Rice / Mashed Potatoes
with Cabbage

Jelly & Ice Cream

Jerk Chicken / Callaloo &
Saltfish / Veggie Mince

Rice & Peas / Fried Dumpling
with Salad

Fresh Fruit

Nigerian Beef Stew /
Stew Fish / Veggie Meatballs

Plain Rice / Yam
with Cabbage

Fresh Fruit

Oxtail / Cabbage & Saltfish
/ Veggie Mince

Seasoned Rice / Roast Potatoes
With Carrots & Broccoli

Cake & Custard

W/c 18th June

Sweet & Sour Chicken / Stew Fish
/ Sweet & Sour Veggie Chicken

Plain Rice / Boiled Potatoes
with Mix Vegetables

Jelly & Ice Cream

Stew Chicken / Grilled
Mackerel / Veggie Stew

Boiled Dumpling & Potatoes / Yam
with Cabbage & Spinach

Fresh Fruit

Stew Beef / Steamed Fish
/ Veggie Mince

Rice & Peas / Mashed Potatoes
with Steamed Cabbage

Fresh Fruit

Meatballs in Gravy / Okra
& Saltfish / Veggie Meatballs

Rice & Peas / Boiled Potatoes
with Cabbage

Fresh Fruit

Roast Pork in Gravy / Fried
Fish / Vegetable Curry

Rice & Peas / Roast Potatoes
with Mix Vegetables

Fresh Fruit