



# MEALS CLUB | SUMMER MENU

## 1<sup>st</sup> September to 3<sup>rd</sup> October

W/c 1<sup>st</sup> Sept

### MONDAY

Fried Chicken / Fried Fish /  
Veggie Chicken Pieces

Rice & Peas / Chips with  
Green peas

Cake & Ice Cream

### TUESDAY

Fried Chicken / Fried Fish /  
Veggie Chicken Pieces

Rice & Peas / Chips with  
Green peas

Cake & Ice Cream

### WEDNESDAY

Cottage Pie / Callaloo and  
Saltfish / Lentil Pie

Plain Rice / Mashed Potatoes  
with Broccoli & Carrots

Fresh Fruit

### THURSDAY

Curry Chicken / Fried Fish  
/ Veggie Curry

Seasoned Rice / Boiled Potatoes  
with Salad

Fresh Fruit

### FRIDAY

Meatballs in Gravy / Cabbage &  
Saltfish / Veggie Meatballs

Rice & Peas / Boiled Potatoes  
with Broccoli & Carrots

Fruit & Ice Cream

W/c 8<sup>th</sup> Sept

Chicken Casserole / Tuna Pasta /  
Vegetable Casserole

Boiled Potatoes with Mix  
Vegetables

Fresh Fruit

Pork Chops / Stew Fish / Veggie  
Curry

Plain Rice / Boiled Potatoes with  
Steamed Vegetables

Jelly & Ice Cream

BBQ Chicken Wings / Steamed  
Fish/ Veggie Mince

Seasoned Rice, Boiled Potatoes  
with Mixed Vegetables

Fresh Fruit

Jerk Chicken / Fried Fish  
/ Vegetable Casserole

Rice & Peas / Roast Potatoes  
with Roasted Vegetables

Jelly & Ice Cream

Fried Chicken / Fried Fish  
/ Veggie Chicken Pieces

Rice & Peas / Chips  
with Green Peas

Fresh Fruit

W/c 15<sup>th</sup> Sept

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

Chicken Stir Fry with Noodles /  
Fried Fish / Veggie Stir Fry with  
Noodles

Boiled Potatoes  
with Mixed Vegetables

Fresh Fruit

Chicken Wings / Callaloo and  
Saltfish / Veggie Mince

Rice & Peas / Chips  
with Peas

Jelly & Ice Cream

Curry Chicken / Grilled  
Mackerel/ Chickpea and Potato  
Curry

Boiled Potatoes / Plain Rice  
with Vegetables

Fresh Fruit

W/c 22<sup>nd</sup> Sept

BBQ Chicken / Escovish Fish  
/ Curry Veggie Pieces

Rice & Peas / Boiled Potatoes with  
Mix Vegetables

Fresh Fruit

Oxtail / Escovish Fish / Chickpea  
Curry

Plain Rice / Mashed Potatoes  
with Cabbage

Jelly & Ice Cream

Jerk Chicken / Callaloo & Salt  
Fish / Veggie Mince

Rice & Peas / Fried Dumpling  
with Salad

Fresh Fruit

Pork Ribs / Stew Fish / Veggie  
Meatballs

Plain Rice / Boiled Potatoes  
with Cabbage

Fresh Fruit

Roast Chicken / Cabbage &  
Saltfish / Veggie Mince

Seasoned Rice/ Roast  
Potatoes with Carrots &  
Broccoli

Cake & Custard

W/c 29<sup>th</sup> Sept

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

Plain Rice / Boiled Potatoes with  
Vegetables

Fresh Fruit

Stew Beef / Grilled Mackerel /  
Veggie Stew

Boiled Dumpling & Boiled  
Potatoes / Yam with Cabbage &  
Spinach

Fresh Fruit

Stew Chicken / Grilled Mackerel /  
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

Curry Goat / Fried Fish /  
Vegetable Curry

Rice & Peas / Roast Potatoes  
with Mixed Vegetables

Fresh Fruit