



MEALS CLUB | AUTUMN MENU

3rd November to 28th November

W/c 3rd Nov

MONDAY

Roast Chicken / Escovish Fish
/ Veggie Chicken Pieces

Plain Rice / Mashed Potatoes
with Vegetables

Fresh Fruit

TUESDAY

Red Pea Soup with Goat /
Steamed Fish / Veggie
Meatballs

Boiled Potatoes with
Vegetables

Fresh Fruit

WEDNESDAY

Chicken Casserole / Tuna Pasta /
Vegetable Casserole

Boiled Potatoes with Vegetables

Fresh Fruit

THURSDAY

Stew Chicken / Mackerel
Rundown / Veggie Curry

Pumpkin Dumpling / Boiled
Potatoes
with Steamed Vegetables

Cake & Custard

FRIDAY

Fried Chicken / Fried Fish /
Veggie Meatballs

Rice & Peas / Chips
with Green Peas

Cake & Custard

W/c 10th Nov

Chicken Casserole / Vegetable
Casserole / Tuna Pasta

Boiled Potatoes
with Mixed Vegetables

Fresh Fruit

Jerk Pork / Grilled Mackerel /
Veggie Chicken Pieces

Rice and Peas / Boiled Potatoes
with Steamed Cabbage

Apple Crumble & Custard

Meatballs in Gravy / Steamed
Fish / Veggie Meatballs

Rice & Peas / Boiled Potatoes
with Broccoli & Carrots

Cake & Custard

Jerk Chicken / Callaloo &
Saltfish / Veggie Mince

Rice & Peas / Fried Dumpling
with Salad

Fresh Fruit

Curry Goat / Ackee & Saltfish /
Veggie Chicken Pieces

Rice & Peas / Boiled Potatoes
with Steamed Veg

Fresh Fruit

W/c 17th Nov

Cottage Pie / Callaloo and Saltfish
/ Lentil Pie

Plain Rice / Mashed Potatoes with
Broccoli and Carrots

Fresh Fruit

Cowfoot and Beans / Macaroni
and Saltfish / Veggie Mince

Seasoned Rice / Roast Potatoes
with Broccoli & Carrots

Cake & Custard

Curry Chicken / Steamed Fish /
Veggie Mince

Seasoned Rice / Boiled Potatoes
with Mixed Vegetables

Fresh Fruit

Nigerian Beef Stew / Stew Fish /
Veggie Mince

Seasoned Rice / Roast Potatoes
with Carrot & Broccoli

Cake and Custard

BBQ Chicken Wings / Grilled
Mackerel / Chickpea & Potato
Curry

Plain Rice / Boiled Potatoes
with Vegetables

Fresh Fruit

W/c 24th Nov

Corned Beef and Cabbage /
Grilled Mackerel / Veggie Chicken
Pieces

Plain Rice / Mashed Potatoes
with Mix Vegetables

Fresh Fruit

Fried Chicken / Fried Fish / Veggie
Stir Fry & Noodles

Jollof Rice / Boiled Potatoes
with Broccoli & Carrots

Apple Crumble with Custard

Roast Chicken / Cabbage &
Saltfish / Veggie Mince

Seasoned Rice / Roast Potatoes
with Broccoli & Carrots

Fresh Fruit

Meatballs in Gravy / Stew Fish /
Lentil Cottage Pie

Rice & Peas / Mashed Potatoes
with Cabbage

Cake & Custard

Jerk Chicken / Callaloo &
Saltfish / Veggie Mince

Rice & Peas / Fried Dumpling
with Salad

Fresh Fruit