





MEALS CLUB | Winter MENU

1st December to 24th December




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W/c 1 st Dec	BBQ Chicken / Escovish Fish / Curry Veggie Pieces Rice & Peas / Boiled Potatoes with Mix Vegetables Fresh Fruit	Nigerian Beef Stew / Stew Fish / Veggie Meatballs Plain Rice / Boiled Potatoes with Cabbage Fresh Fruit	Roast Chicken / Fried Fish / Veggie Stew Rice & Peas / Roast Potatoes with Roasted Vegetables Fresh Fruit	Indian Chicken Curry / Escovish Fish / Chickpea Curry Plain Rice / Mashed Potatoes with Cabbage Cake & Custard	Pork Chops / Okra & Saltfish / Veggie Mince Rice & Peas / Roast Potatoes with Carrots & Broccoli Cake & Custard
W/c 8 th Dec	Sweet and Sour Chicken / Stew Fish / Sweet & Sour Veggie Chicken Plain Rice / Boiled Potatoes with Mixed Vegetables Fresh Fruit	Chicken Soup / Steamed Fish / Veggie Meatballs Yam / Boiled Potatoes with Cabbage Fresh Fruit	Stew Beef / Steamed Fish / Veggie Mince Rice & Peas / Mashed Potatoes with Steamed Cabbage Fresh Fruit	Stew Chicken / Grilled Mackerel / Veggie Stew Boiled Dumpling / Boiled Potatoes with Cabbage & Spinach Fresh Fruit	Fried Chicken / Fried Fish / Vegetable Curry Rice & Peas / Roast Potatoes with Mixed Vegetables Fresh Fruit
W/c 15 th Dec	Cottage Pie / Callaloo and Saltfish / Lentil Pie Plain Rice / Mashed Potatoes with Broccoli and Carrots Fresh Fruit	Fried Chicken / Fried Fish / Veggie Stew Rice & Peas / Chips with Green Peas Fresh Fruit	Callaloo & Saltfish / Veggie Mince Boiled Potatoes with Mixed Vegetables Fresh Fruit	Roast Lamb / Roast Turkey / Fried Fish / Vegan Curry Rice & Peas / Roast Potatoes with Carrot & Sprouts Christmas Pudding with Brandy Sauce	Roast Chicken / Steamed Fish / Veggie Meatballs Plain Rice / Boiled Potatoes with Vegetables Fresh Fruit
W/c 22 nd Dec	Pork Chops / Callaloo & Saltfish / Veggie Chicken Pieces Plain Rice / Mashed Potatoes with Mix Vegetables Fresh Fruit	Chicken Stir Fry / Fried Fish / Veggie Stir Fry Plain Rice / Boiled Potatoes with Broccoli & Carrots Apple Crumble with Custard	Chicken Casserole / Tuna Pasta / Vegetable Casserole Boiled Potatoes with Mixed Vegetables Fresh Fruit	CENTRE CLOSED	CENTRE CLOSED

ACCG meal portion consists of: 1 main / Protein, 1 side / Carbohydrate, a side of vegetables and fruit or dessert.