



# MEALS CLUB | WINTER MENU

## 2<sup>nd</sup> February to 27<sup>th</sup> February

W/c 2<sup>nd</sup> Feb

### MONDAY

Chicken Casserole / Steamed Fish / Vegetable Casserole

Plain Rice / Boiled Potatoes with Mixed Vegetables

Fresh Fruit

### TUESDAY

Fried Chicken / Fried Fish / Veggie Chicken Pieces

Rice & Peas / Chips with Green Peas

Fresh Fruit

### WEDNESDAY

BBQ Chicken Wings / Grilled Mackerel / Veggie Mince

Seasoned Rice / Boiled Potatoes with Mixed Vegetables

Fresh Fruit

### THURSDAY

Oxtail / Fried Fish / Vegetable Casserole

Rice & Peas / Roast Potatoes with Roast Vegetables

Cake & Custard

### FRIDAY

Curry Goat / Stew Fish / Veggie Curry

Plain Rice / Boiled Potatoes with Salad

Cake & Custard

W/c 9<sup>th</sup> Feb

Roast Chicken / Escovish Fish / Curry Veggie Pieces

Rice & Peas / Boiled Potatoes with Mixed Vegetables

Fresh Fruit

Indian Chicken Curry / Fried 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

Cowfoot & Beans / Okra & Saltfish / Veggie Mince

Seasoned Rice / Roast Potatoes with Carrots & Broccoli

Cake & Custard

W/c 16<sup>th</sup> Feb

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

Plain Rice / Boiled Potatoes with Vegetables

Fresh Fruit

Oxtail / Cabbage & Saltfish / Veggie Mince

Seasoned Rice / Roast Potatoes with Carrots & Broccoli

Cake & Custard

Corned Beef & Cabbage / 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

Crumble & Custard

Roast Pork in Gravy / Fried Fish / Vegetable Curry

Rice & Peas / Roast Potatoes with Mixed Vegetables

Fresh Fruit

W/c 23<sup>rd</sup> Feb

Stew Chicken / Stew Fish / Veggie Chicken Pieces

Vegetable Rice / Mashed Potatoes with Mix Vegetables

Fresh Fruit

Roast Chicken / Escovish Fish / Veggie Mince

Seasoned Rice / Roast Potatoes / Roast Vegetables

Cake & Custard

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

Boiled Potatoes with Mixed Vegetables

Fresh Fruit

BBQ Chicken Wings / Callaloo & Saltfish / Veggie Mince

Rice & Peas / Chips with Green Peas

Fresh Fruit

Curry Chicken / Grilled Mackerel / Chickpea & Potatoes Curry

Plain Rice / Boiled Potatoes with Mixed Vegetables

Cake Custard