



# MEALS CLUB | WINTER MENU

## 2<sup>nd</sup> March to 30<sup>th</sup> March

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

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

BBQ Chicken / Cabbage & Saltfish  
/ Curry Veggie Pieces

Rice & Peas / Boiled Potatoes  
with Mixed Vegetables

Fresh Fruit

Oxtail / Escovich Fish / Chickpea  
Curry

Plain Rice / Mashed Potatoes  
with Cabbage

Cake & Custard

Jerk Chicken / Callaloo & Saltfish  
/ Veggie Mince

Rice & Peas / Fried Dumpling  
with Salad

Fresh Fruit

Stew Peas & Pigtail / Grilled  
Mackerel / Veggie Mince

Seasoned Rice / Roast Potatoes  
with Carrots & Broccoli

Jelly & Ice Cream

Meatballs in Gravy / Stew Fish /  
Veggie Meatballs

Plain Rice / Boiled Potatoes  
with Cabbage

Fresh Fruit

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

Cottage Pie / Escovich Fish /  
Lentil Cottage Pie

Plain Rice / Mashed Potatoes  
with Mixed Vegetables

Fresh Fruit

Curry Goat / Ackee & Saltfish /  
Veggie Mince

Rice and Peas / Roast Potatoes  
with Steamed Cabbage

Fresh Fruit

Fried Chicken / Fried Fish /  
Veggie Stew

Seasoned Rice / Boiled Potatoes  
with Mix Vegetables

Fresh Fruit

Stew Chicken / Mackerel Rundown /  
Veggie Mince

Green Banana & Dumpling / Boiled  
Potatoes  
with Cabbage

Cake & Custard

Stew Beef / Okra & Saltfish /  
Veggie Mince

Rice & Peas / Boiled Potatoes  
with Cabbage

Cake & Custard

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

Chicken Casserole / Tuna Pasta /  
Veggie Stew

Boiled Potatoes with Mixed  
Vegetables

Fresh Fruit

Cowfoot & Beans / Cabbage &  
Saltfish / Veggie Mince

Seasoned Rice / Roast Potatoes  
with Carrots & Broccoli

Cake & Custard

BBQ Chicken Wings / Steamed  
Fish / Veggie Mince

Seasoned Rice / Boiled Potatoes  
with Mixed Vegetables

Fresh Fruit

Roast Pork in Gravy / Fried Fish  
/Vegetable Casserole

Rice & Peas / Roast Potatoes  
with Roast Vegetables

Jelly & Ice Cream

Oven Baked Chicken / Fried Fish  
/ Veggie Chicken Pieces

Rice & Peas / Chips  
with Green Peas

Fresh Fruit

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

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

Plain Rice / Boiled Potatoes with  
Mix Vegetables

Fresh Fruit

Jerk Chicken / Fried Fish /  
Veggie Stir Fry

Rice & Peas / Boiled Potatoes  
with Steamed Cabbage

Cake & Custard

Roast Chicken / Grilled  
Mackerel / Veggie Chicken  
Pieces

Seasoned Rice / Boiled Potatoes  
with Broccoli & Carrots

Fresh Fruit

Pork Chops / Okra & Saltfish /  
Veggie Mince

Rice & Peas / Mashed Potatoes with  
Steamed Cabbage

Cake & Custard

Curry Chicken / Steamed Fish  
/ Veggie Stew

Rice & Peas / Boiled Potatoes  
with Vegetables

Fresh Fruit

W/c 30<sup>th</sup> Mar

Corned Beef & Cabbage / Tuna  
Pasta / Vegetable Casserole

Plain Rice / Boiled Potatoes with  
Mix Vegetables

Fresh Fruit

Oven Baked Chicken / Fried Fish /  
Veggie Chicken Pieces

Rice & Peas / Chips with Green  
Peas

Fresh Fruit

Chicken Stir Fry / Steamed Fish /  
Veggie Mince

Seasoned Rice / Boiled Potatoes  
with Mixed Vegetables

Fresh Fruit

Chicken Casserole / Fried Fish /  
Vegetable Casserole

Rice & Peas / Roast Potatoes with  
Roast Vegetables

Cake & Custard

CLOSED - GOOD  
FRIDAY