



# MEALS CLUB | SPRING MENU

## 7<sup>th</sup> April to 1<sup>st</sup> May

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

W/c 6<sup>th</sup> April

CLOSED – EASTER  
MONDAY

Baked Chicken / Fried Fish /  
Veggie Stew

Rice & Peas / Chips  
with Green Peas

Fresh Fruit

Cottage Pie / Okra & Saltfish /  
Lentil Pie

Plain Rice / Mashed Potatoes with  
Broccoli & Carrots

Fresh Fruit

Curry Chicken / Grilled Mackerel  
/ Veggie Curry

Seasoned Rice / Boiled Potatoes  
with Fresh Salad

Cake & Custard

Curry Goat / Stew Fish /  
Chickpea and Potato Curry

Plain Rice / Boiled Potatoes  
with Vegetables

Fresh Fruit

W/c 13<sup>th</sup> April

Chicken Casserole / Tuna Pasta /  
Vegetable Casserole

Boiled Potatoes  
with Mixed Vegetables

Fresh Fruit

Cowfoot & Beans / Stew Fish /  
Veggie Curry

Plain Rice / Boiled Potatoes with  
Steamed Cabbage

Jelly & Ice Cream

BBQ Chicken Wings / Steamed  
Fish / Veggie Mince

Seasoned Rice / Boiled Potatoes  
with Mixed Vegetables

Fresh Fruit

Roast Chicken / Fried Fish /  
Veggie Stew

Rice & Peas / Roast Potatoes  
with Roasted Vegetables

Fresh Fruit

Baked Chicken / Fried Fish /  
Veggie Chicken

Rice & Peas / Chips  
with Green Peas

Jelly & Ice Cream

W/c 20<sup>th</sup> April

Stew Chicken / Stew Fish / Veggie  
Chicken Pieces

Vegetable Rice / Mashed Potatoes  
with Mixed Vegetables

Fresh Fruit

Nigerian Beef Stew / Grilled  
Mackerel / Veggie Meatballs

Plain Rice & Plantain / Boiled  
Potatoes & Plantain with Cabbage

Cake & Ice Cream

Jerk Chicken / Callaloo &  
Saltfish / Veggie Stew

Rice & Peas / Fried Dumpling  
with Fresh Salad

Fresh Fruit

Indian Chicken Curry / Escovish  
Fish / Chickpea Curry

Plain Rice / Mashed Potatoes  
with Cabbage

Jelly & Ice Cream

Oxtail / Cabbage & Saltfish /  
Veggie Mince

Seasoned Rice / Roast Potatoes  
with Carrots & Broccoli

Cake & Custard

W/c 27<sup>th</sup> April

Corned Beef & Cabbage /  
Steamed Fish / Veggie Mince

Plain Rice / Mashed Potatoes with  
Mix Vegetables

Fresh Fruit

Roast Pork in Gravy / Stew Fish /  
Vegetable Curry

Rice & Peas / Roast Potatoes  
with Roast Vegetables

Jelly & Ice Cream

Chicken Stir Fry / Fried Fish /  
Veggie Stir Fry

Plain Rice / Boiled Potatoes  
with Cabbage.

Fresh Fruit

Sweet & Sour Chicken / Okra &  
Saltfish / Sweet & Sour Veggie  
Chicken

Plain Rice / Boiled Potatoes with  
Mixed Vegetable

Cake & Custard

Meatballs in Gravy / Cabbage  
& Saltfish

Rice & Peas / Boiled Potatoes  
with Broccoli & Carrots

Fresh Fruit & Ice Cream