



MEALS CLUB | SPRING MENU

1st June to 26th June



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

W/c 1st June

Stew Chicken / Stew Fish / Veggie
Chicken Pieces

Vegetable Rice / Mashed Potatoes
with Mixed Vegetables

Fresh Fruit

Curry Goat / Stew Fish / Veggie
Curry

Plain Rice / Boiled Potatoes
with Salad

Jelly & Ice Cream

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 Peas

Fresh Fruit

Curry Chicken / Grilled Mackerel /
Chickpea & Potato Curry

Plain Rice / Boiled Potatoes
with Mixed Vegetables

Jelly & Ice Cream

W/c 8th June

Chicken Casserole / Steamed
Fish / Vegetable Casserole

Plain Rice / Boiled Potatoes
with Mixed Vegetables

Fresh Fruit

Fried Chicken / Fried Fish /
Veggie Chicken Pieces

Rice & Peas / Chips with Green
Peas

Fresh Fruit

BBQ Chicken Wings / Grilled
Mackerel / Veggie Mince

Seasoned Rice / Boiled Potatoes
with Mixed Vegetables

Fresh Fruit

Oxtail / Fried Fish / Vegetables
Casserole

Rice & Peas / Roast Potatoes
with Roast Vegetables

Jelly & Ice Cream

Roast Chicken / Escovish Fish /
Veggie Mince

Seasoned Rice / Roast Potatoes
with Roast Vegetables

Jelly & Ice Cream

W/c 15th June

Pork Chops / Steamed Fish / Veggie
Chicken Pieces

Plain Rice / Mashed Potatoes with
Mixed Vegetables

Fresh Fruit

Cowfoot & Beans / Macaroni &
Saltfish / Veggie Mince

Seasoned Rice / Roast Potatoes
with Carrots & Broccoli

Cake & Custard

Chicken Stir Fry / Tuna Pasta /
Vegetable Stir Fry

Plain Rice / Boiled Potatoes
with Mixed Vegetables

Fresh Fruit

Stew Chicken / Steamed Fish /
Veggie Chicken

Boiled Potatoes/ Boiled Dumpling
with Mixed Vegetables

Fresh Fruit

Meatballs in Gravy / Stew Fish /
Lentil Cottage Pie

Rice & Peas / Mashed Potatoes
with Cabbage

Cake & Custard

W/c 22nd June

BBQ Chicken / Cabbage &
Saltfish / Curry Veggie Pieces

Rice & Peas / Boiled Potatoes
with Mixed Vegetables

Fresh Fruit

Oxtail / Escovish Fish / Chickpea
Curry

Plain Rice / Mashed Potatoes
with Cabbage

Fruit & Ice Cream

Jerk Chicken / Callaloo &
Saltfish / Veggie Mince

Rice & Peas / Fried Dumpling
with Salad

Fresh Fruit

Stew Peas & Pigtail / Fried Fish /
Veggie Meatballs

Seasoned Rice/ Roast Potatoes
with Carrots & Broccoli

Fresh Fruit

Stew Beef / Fried Fish / Veggie
Meatballs

Rice & Peas / Boiled Potatoes
with Cabbage

Fresh Fruit & Ice Cream