



MEALS CLUB | SUMMER MENU

3rd August to 28th August



accg
african caribbean
care group

W/c 3rd Aug

MONDAY

Chicken Casserole / Steamed Fish / Vegetable Casserole

Plain Rice / Boiled Potatoes with Mixed Vegetables

Fresh Fruit

TUESDAY

Fried Chicken / Fried Fish / Veggie Chicken Pieces

Plain Rice / Chips with Green Peas

Fresh Fruit

WEDNESDAY

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

Plain Rice / Boiled Potatoes with Carrots & Broccoli

Fresh Fruit

THURSDAY

Curry Goat / Callaloo & Saltfish / Veggie Mince

Rice & Peas / Roast Potatoes with Fresh Salad

Jelly and Ice Cream

FRIDAY

Stew Beef / Stew Fish / Veggie Curry

Rice & Peas / Roast Potatoes with Steamed Cabbage

Fresh Fruit

W/c 10th Aug

Stew Chicken / Stew Fish / Veggie Chicken

Plain Rice / Boiled Potatoes with Mixed Vegetables

Fresh Fruit

Nigerian Beef Stew / Fried Fish / Vegetable Bean Stew

Plain Rice / Roast Potatoes & Plantain with Cabbage

Fresh Fruit & Ice Cream

Chicken Stir Fry / Fried Fish / Veggie Stir Fry

Rice & Peas / Boiled Potatoes with Mixed Vegetables

Fresh Fruit

Cowfoot & Beans / Grilled Mackerel / Veggie Meatballs

Plain Rice / Boiled Potatoes with Carrots & Broccoli

Fresh Fruit

Jerk Chicken Wings / Fried Fish / Veggie Meatballs

Rice & Peas / Roast Potatoes with Fresh Salad

Fresh Fruit

W/c 17th Aug

Meatballs in Gravy / Tuna Pasta / Vegetable Casserole

Plain Rice / Boiled Potatoes with Mixed Vegetables

Fresh Fruit

Curry Chicken / Okra & Saltfish / Veggie Mince

Seasoned Rice / Roast Potatoes with Carrots & Broccoli

Cake & Custard

Cottage Pie / Escovish Fish / Lentil Cottage Pie

Plain Rice / Mashed Potatoes with Mixed Vegetables

Fresh Fruit

Oxtail / Steamed Fish / Vegetable Casserole

Rice & Peas / Roast Potatoes with Roast Vegetables

Cake & Custard

Pork Chops / Grilled Mackerel / Veggie Chicken Pieces

Plain Rice / Mashed Potatoes with Mixed Vegetables

Fresh Fruit

W/c 24th Aug

BBQ Chicken Wings / Cabbage & Saltfish / Curry Veggie Pieces

Rice & Peas / Boiled Potatoes with Mix Vegetables

Fresh Fruit

Jerk Chicken / Fried Fish / Veggie Curry

Rice and Peas / Chips / Fresh Salad

Jelly and Ice Cream

Roast Chicken / Okra & Saltfish / Veggie Meatballs

Plain Rice / Roast Potatoes with Roast Vegetables

Fresh Fruit

Stew Chicken / Mackerel Rundown / Veggie Stew

Green Banana / Dumpling / Boiled Potatoes

Fresh Fruit

Fried Chicken / Fried Fish / Veggie Chicken

Plain Rice / Chips / Green Peas

Jelly and Ice Cream

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