



MEALS CLUB | SUMMER MENU

1st September to 25th September



accg
african caribbean
care group

W/c 1st Sep

MONDAY

BANK HOLIDAY

TUESDAY

Roast Chicken / Stew Fish /
Veggie Chicken

Rice & Peas / Roast Potatoes
with Roast Vegetables

Cake & Custard

WEDNESDAY

Meatballs in Gravy / Fried Fish /
Veggie Meatballs

Plain Rice / Boiled Potatoes with
Cabbage

Fresh Fruit

THURSDAY

Cowfoot & Beans / Cabbage &
Saltfish / Veggie Mince

Seasoned Rice / Roast Potatoes
with Carrots & Broccoli

Cake & Custard

FRIDAY

Fried Chicken / Fried Fish /
Veggie Chicken Pieces

Rice & Peas / Chips
with Green Peas

Fresh Fruit

W/c 7th Sep

Chicken Casserole / Tuna Pasta /
Veggie Stew

Boiled Potatoes
with Mixed Vegetables

Fresh Fruit

Pepper Steak / Fried Fish /
Vegetable Bean Stew

Plain Rice / Roast Potatoes with
Cabbage

Fresh Fruit & Ice Cream

Chicken Stir Fry / Fried Fish /
Veggie Stir Fry

Plain Rice / Boiled Potatoes
with Mixed Vegetables

Fresh Fruit

Pork Chops / Grilled Mackerel /
Veggie Mince

Rice & Peas / Mashed Potatoes
with Steamed Cabbage

Fresh Fruit

Jerk Chicken / Fried Fish / Veggie
Meatballs

Rice & Peas / Fried Dumpling
with Fresh Salad

Cake & Custard

W/c 14th Sep

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

Plain Rice / Boiled Potatoes with
Mixed Vegetables

Fresh Fruit

Curry Goat / Steamed Fish /
Veggie Mince

Plain Rice / Roast Potatoes with
Carrots & Broccoli

Cake & Custard

Cottage Pie / Escovish Fish /
Lentil Cottage Pie

Plain Rice / Mashed Potatoes
with Mixed Vegetables

Fresh Fruit

Nigerian Beef Stew / Steamed
Fish / Vegetable Casserole

Plain Rice / Roast Potatoes &
Plantain
with Broccoli & Carrots

Cake & Custard

Pork Chops / Grilled Mackerel /
Veggie Chicken Pieces

Plain Rice / Mashed Potatoes
with Mixed Vegetables

Fresh Fruit

W/c 21st Sep

Cottage Pie / Escovish Fish / Lentil
Cottage Pie

Plain Rice / Mashed Potatoes with
Mix Vegetables

Fresh Fruit

Stew Chicken / Mackerel
Rundown / Veggie Stew

Green Banana & Dumpling / Boiled
Potatoes with Steamed Cabbage

Fresh Fruit

Jerk Chicken Wings / Fried Fish /
Veggie Meatballs

Rice & Peas / Chips
with Fresh Salad

Fresh Fruit

Roast Pork In Gravy / Fried Fish /
Vegetable Casserole

Rice & Peas / Roast Potatoes with
Roast Vegetables

Jelly & Ice Cream

Cowfoot & Beans / Okra &
Saltfish / Veggie Mince

Seasoned Rice / Roast Potatoes
with Carrots & Broccoli

Cake & Custard

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