



# MEALS CLUB | Autumn MENU

## 28th September to 30<sup>th</sup> October



**accg**  
african caribbean  
care group

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

W/c 28th Sep

BBQ Chicken / Cabbage & Saltfish  
/ Curry Veggie Pieces

Plain Rice / Boiled Potatoes with  
Mixed Vegetables

Fresh Fruit

Oxtail / Escovish Fish /  
Chickpea Curry

Rice & Peas / Mashed Potatoes  
with Cabbage

Cake & Custard

Jerk Chicken / Callaloo & Saltfish  
/ Veggie Sausage

Rice & Peas / Fried Dumpling  
with Fresh Salad

Fresh Fruit

Stew Peaa & Pigtail / Grilled  
Mackerel / Veggie Mince

Seasoned Rice / Roast Potatoes  
with Carrots & Broccoli

Apple Crumble

Meatballs in Gravy / Stew  
Fish / Veggie Meatballs

Plain Rice / Boiled Potatoes  
with Cabbage

Fresh Fruit

W/c 5th Oct

Cottage Pie / Escovish Fish /  
Lentil Cottage Pie

Plain Rice / Mashed Potatoes  
with Mixed Vegetables

Fresh Fruit

Stew Chicken / Mackerel  
Rundown / Veggie Mince

Green Banana & Dumpling /  
Boiled Potatoes with Cabbage

Cake & Custard

Fried Chicken / Fried Fish /  
Veggie Stew

Seasoned Rice / Boiled Potatoes  
with Mixed Vegetables

Fresh Fruit

Curry Chicken / Callaloo &  
Saltfish / Veggie Mince

Plain Rice / Boiled Potatoes &  
Carrots & Broccoli

Cake & Custard

Stew Beef / Okra & Saltfish /  
Veggie Meatballs

Rice & Peas / Boiled Potatoes  
with Steamed Cabbage

Cake & Custard

W/c 12th Oct

Chicken Casserole / Tuna Pasta  
/ Veggie Stew

Boiled Potatoes with Mixed  
Vegetables

Fresh Fruit

Cowfoot & Beans / Cabbage &  
Saltfish / Veggie Mince

Jaloff Rice / Boiled Potatoes  
with Carrots & Broccoli

Apple Crumble

BBQ Chicken Wings / Steamed  
Fish / Veggie Curry

Seasoned Rice / Boiled Potatoes  
with Mixed Vegetables

Fresh Fruit

Roast Pork in Gravy / Fried Fish  
/ Veggie Chicken

Rice and Peas / Roast Potatoes  
with Roast Vegetables

Cake & Custard

Oven Baked Chicken / Fried Fish  
/ Veggie Chicken Pieces

Rice & Peas / Chips  
with Green Peas

Fresh Fruit

W/c 19th Oct

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

Plain Rice / Boiled Potatoes with  
Mixed Vegetables

Fresh Fruit

Jerk Chicken / Fried Fish /  
Veggie Stew

Rice & Peas / Boiled Potatoes  
with 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 Roast Vegetables

Fresh Fruit

W/c 26th Oct

Cornbeef and Cabbage / Tuna  
Pasta / Veggie Chicken Pieces

Plain Rice / Boiled Potatoes with  
Mixed Vegetables

Fresh Fruit

Curry Goat / Escovish Fish /  
Veggie Mince

Rice & Peas / Roast Potatoes with  
Steamed Cabbage

Fresh Fruit

Chicken Stir Fry / Steamed Fish  
Veggie Mince

Seasoned Rice / Boiled Potatoes  
with Mixed Vegetables

Fresh Fruit

Indian Chicken Curry / Fried  
Fish / Veggie Stew

Plain Rice / Boiled Potatoes  
with Broccoli & Carrots

Cake & Custard

Fried Chicken / Fried Fish /  
Veggie Chicken Pieces

Rice & Peas / Chips with Green  
Peas

Fresh Fruit

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