

MEALS CLUB | Winter Menu
2nd November to 27th November

accg
african caribbean care group

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W/c 2nd Nov	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 Apple Crumble	BBQ Chicken Wings / Grilled Mackerel / Veggie Mince Seasoned Rice / Mashed Potatoes with Mixed Vegetables Fresh Fruit	Stew Chicken / Tuna Pasta & Sweetcorn / Veggie Stew Rice & Peas / Boiled Potatoes with Carrots & Brocolli Cake & Custard	Curry Chicken / Stew Fish / Veggie Curry Plain Rice / Boiled Potatoes with Steamed Cabbage Cake & Custard
W/c 9th Nov	Roast Chicken / Escovish Fish / Curry Veggie Pieces Rice & Peas / Roast Potatoes with Mixed Vegetables Fresh Fruit	Indian Chicken Curry / Fried Fish / Chickpea Curry Plain Rice / Boiled Potatoes with Carrots & Brocolli Cake & Custard	Jerk Chicken / Callaloo & Saltfish / Veggie Mince Rice & Peas / Fried Dumpling with Mixed Vegetables Fresh Fruit	Nigerian Beef Stew / Stew Fish / Veggie Meatballs Jollof Rice / Boiled Potatoes with Steamed Cabbage Apple Crumble	Cowfoot & Beans / Okra & Saltfish / Veggie Mince Seasoned Rice / Boiled Potatoes with Carrots & Broccoli Cake & Custard
W/c 16th Nov	Stew Chicken / Stew Fish / Veggie Chicken Pieces Vegetable Rice / Mashed Potatoes with Mixed Vegetables Fresh Fruit	Stew Beef / Cabbage & Saltfish / Veggie Stew Rice & Peas / Roast Potatoes with Carrots & Broccoli Cake & Custard	Sweet & Sour Chicken / Stew Fish / Sweet & Sour Veggie Chicken Plain Rice / Boiled Potatoes with Mixed Vegetables Fresh Fruit	Meatballs in Gravy / Callaloo & Saltfish / Veggie Meatballs Rice & Peas / Boiled Potatoes with Cabbage Cake & Custard	Roast Pork in Gravy / Fried Fish / Vegetable Curry Rice & Peas / Roast Potatoes with Mixed Vegetables Fresh Fruit
W/c23rd Nov	Cottage Pie / Steamed Fish / Lentil Cottage Pie Mashed Potatoes with Steamed Cabbage Fresh Fruit	Roast Chicken / Escovish Fish / Veggie Stew Seasoned Rice / Roast Potatoes with Roast Vegetables Cake & Custard	Chicken Stir Fry / Fried Fish / Veggie Stir Fry Plain Rice / Boiled Potatoes with Mixed Vegetables Fresh Fruit	Cowfoot & Beans / Callaloo & Saltfish / Veggie Mince Rice & Peas / Boiled Potatoes with Green Peas Fresh Fruit	Curry Chicken / Grilled Mackerel / Chickpea & Potato Curry Plain Rice / Boiled Potatoes with Mixed Vegetbles Cake & Custard

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