

mmmmenu



Monday

Traditional Spicy Hot Jerk Chicken
Vegetable Couscous ✓
Traditional Rice and Peas cooked in Coconut Milk
Crunchy Beansprouts and Feta Cheese Salad
Cherry Cake and Custard

Tuesday

Beef Stew with Onions and Peppers
Macaroni Pie with Sautéed Mixed & Red Onions ✓
Boiled Potatoes with Mixed Herbs
Coriander and Rice and Salad
Currant Roll with Custard

Wednesday

Pan Fried Garlic Pork Chops
Beans Goulash with Paprika and Sour Cream ✓
Creamy Mash Potatoes and Glazed Carrots
Carrot Cake with Fresh Cream

Thursday

Honey Sesame Roasted Chicken
Curried Okra with fresh Tomatoes and
Natural Yogurt ✓
Spanish Rice, or Caribbean seasoned Rice
Tossed Mixed Salad
Treacle Sponge with Custard

Friday

Battered Fish and Chips
Vegetarian Paella ✓
Freshly Fried Chips and Green Beans tossed in
Herb Butter
Bread and Butter Pudding with Vanilla Custard