


**TERM 1 January to April 2022**

**CENTRE: COUNTRY ROAD**

**SUPERVISOR: Ms. Eustene Simpson**


WKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p><b>FRUIT OF THE MONTH PUMPKIN</b></p>		<p><b>DID YOU KNOW? ...</b></p> <ul style="list-style-type: none"> <li>❖ <b>Pumpkin is a fruit that is used as a vegetable.</b></li> <li>❖ <b>Eating pumpkin provides lots of Vitamin A which is good for your eyesight.</b></li> <li>❖ <b>Pumpkin seeds can be roasted and eaten as a snack.</b></li> <li>❖ <b>In the Barbados pumpkin is used to make Conkies for Independence Day.</b></li> </ul>		
<b>1 6</b>	Macaroni & Corned Beef Diced Carrots Pineapple Slice	Creole Codfish Split Peas and Rice Cucumber & Lettuce Salad Orange Half	Curried Beef & Potato Mix Mixed Vegetables  Peach Half	Chicken Weiner Ketchup, Mustard, Relish Hotdog Roll Melon Slice	Chicken Fricassee (Quarters) Diced Carrots (& Spinach) Creamed Sweet Potato Banana
<b>2 7</b>	Pumpkin Mac & Cheese w/Pasta Elbows & Peas  Peach Half	Chicken Pelau (Breast Chunks) Tossed Salad Fruity Carrot Bun (Raisins and Cherries)	Beef and Breadfruit Burger Hamburger Bun w/ Dressing & Lettuce Banana	Fried Fish Sonia's Calypso Rice (Peas, Carrots, Corn, Turmeric) Apple	Creole Minced Beef Pasta Elbows Peas and Carrots Orange Half
<b>3</b>	Creole Corned Beef Vegetable Rice  Melon Slice	Chicken (Breast Chunks) W/ Pasta, Sweet Peppers and Peas Sliced Tomato and Shredded Lettuce Orange Half	Savoury Minced Beef & Lentils Creamed Potato & Yam Carrots Apple	Turkey Ham Whole Wheat Bun Lettuce  Ice Cream	Fried Fish Split Peas & Rice Cole Slaw  Banana
<b>4</b>	Codfish Kedgeriee Pickled Cucumber & Parsley  Orange Half	Pumpkin Mac & Cheese W/ Pasta Twists Peas and Beans Banana	Curried Chicken (Quarters) Diced Carrots Creamed Sweet Potato Melon Slice	Fish Patty W/Dressing Salt Roll Lettuce Orange Half	Hearty Beef Stew w/ Peas, and Pumpkin Herb Rice ***Banana Cake
<b>5</b>	Cheesy Pasta Twists w/ Peas and Carrots  Melon Slice	Fried Fish Field Peas and Rice Tossed Salad Apple	Bajan Beef Stew w/ Beans and Diced Carrots Creamed Potato & Yam Banana	Tuna Sandwich W/ Sweet Peppers and Parsley Tennis Bun Lettuce & Tomato Pear Half	Chicken Pelau (Breast Chunks) Diced Beets w/ Dressing  Orange Half

\*\*\*BADMC Sweet Potato Cake Mix

**TERM 1 January to April 2022**

**CENTRE: HARBOUR**

**SUPERVISOR: Ms. Grace Primus**


WKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p><b>FRUIT OF THE MONTH</b> <b>PUMPKIN</b></p>		<p><b>DID YOU KNOW? ...</b></p> <ul style="list-style-type: none"> <li>❖ <b>Pumpkin is a fruit that is used as a vegetable.</b></li> <li>❖ <b>Eating pumpkin provides lots of Vitamin A which is good for your eyesight.</b></li> <li>❖ <b>Pumpkin seeds can be roasted and eaten as a snack.</b></li> <li>❖ <b>In the Barbados pumpkin is used to make Conkies for Independence Day.</b></li> </ul>		
<b>1</b> <b>6</b>	Pumpkin Mac & Cheese w/Pasta Elbows & Peas  Peach Half	Chicken Pelau (Breast Chunks) Tossed Salad Fruity Carrot Bun (Raisins and Cherries)	Beef and Breadfruit Burger Hamburger Bun w/ Dressing & Lettuce Banana	Fried Fish Sonia's Calypso Rice (Peas, Carrots, Corn, Turmeric) Apple	Creole Minced Beef Pasta Elbows Peas and Carrots Orange Half
<b>2</b> <b>7</b>	Creole Corned Beef Vegetable Rice  Melon Slice	Chicken (Breast Chunks) W/ Pasta Sliced Tomato and Shredded Lettuce Orange Half	Savoury Minced Beef & Lentils Creamed Potato & Yam Carrots Apple	Turkey Ham Whole Wheat Bun Lettuce  Ice Cream	Fried Fish Split Peas & Rice Cole Slaw  Banana
<b>3</b>	Codfish Kedgerie Pickled Cucumber & Parsley  Orange Half	Pumpkin Mac & Cheese W/ Pasta Twists Peas and Beans Banana	Curried Chicken (Quarters) Diced Carrots Creamed Sweet Potato Melon Slice	Fish Patty W/Dressing Salt Roll Lettuce Orange Half	Hearty Beef Stew w/ Peas, Beans and Pumpkin Herb Rice ***Banana Cake
<b>4</b>	Cheesy Pasta Twists w/ Peas and Carrots  Melon Slice	Fried Fish Field Peas and Rice Tossed Salad Apple	Bajan Beef Stew w/ Beans and Diced Carrots Creamed Potato & Yam Banana	Tuna Sandwich W/ Sweet Peppers and Parsley Tennis Bun Lettuce & Tomato Pear Half	Chicken Pelau (Breast Chunks) Diced Beets w/ Dressing  Orange Half
<b>5</b>	Macaroni & Corned Beef Diced Carrots Pineapple Slice	Creole Codfish Split Peas and Rice Cucumber & Lettuce Salad Orange Half	Curried Beef & Potato Mix Mixed Vegetables  Peach Half	Chicken Weiner Ketchup, Mustard, Relish Hotdog Roll Melon Slice	Chicken Fricassee (Quarters) Diced Carrots (& Spinach)  Creamed Sweet Potato Banana

\*\*\*BADMC Sweet Potato Cake Mix

**TERM 1 January to April 2022**

**CENTRE: Lancaster**

**SUPERVISOR: Mrs. Sondra Jordan**


WKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>DID YOU KNOW? ...</b></p> <ul style="list-style-type: none"> <li>❖ Pumpkin is a fruit that is used as a vegetable.</li> <li>❖ Eating pumpkin provides lots of Vitamin A which is good for your eyesight.</li> <li>❖ Pumpkin seeds can be roasted and eaten as a snack.</li> <li>❖ In the Barbados pumpkin is used to make Conkies for Independence Day.</li> </ul>		
1 6	Creole Corned Beef Vegetable Rice  Melon Slice	Chicken (Breast Chunks) W/ Pasta Sliced Tomato and Shredded Lettuce Orange Half	Savoury Minced Beef & Lentils Creamed Potato & Yam Carrots Apple	Turkey Ham Whole Wheat Bun Lettuce  Ice Cream	Fried Fish Split Peas & Rice Cole Slaw  Banana
2 7	Codfish Kedgeree Pickled Cucumber & Parsley  Orange Half	Pumpkin Mac & Cheese W/ Pasta Twists Peas and Beans Banana	Curried Chicken (Quarters) Diced Carrots Creamed Sweet Potato Melon Slice	Fish Patty W/Dressing Salt Roll Lettuce Orange Half	Hearty Beef Stew w/ Peas, Beans and Pumpkin Herb Rice ***Banana Cake
3	Cheesy Pasta Twists w/ Peas and Carrots  Melon Slice	Fried Fish Field Peas and Rice Tossed Salad Apple	Bajan Beef Stew w/ Beans and Diced Carrots Creamed Potato & Yam Banana	Tuna Sandwich W/ Sweet Peppers and Parsley Tennis Bun Lettuce & Tomato Pear Half	Chicken Pelau (Breast Chunks) Diced Beets w/ Dressing  Orange Half
4	Macaroni & Corned Beef Diced Carrots Pineapple Slice	Creole Codfish Split Peas and Rice Cucumber & Lettuce Salad Orange Half	Curried Beef & Potato Mix Mixed Vegetables  Peach Half	Chicken Weiner Ketchup, Mustard, Relish Hotdog Roll Melon Slice	Chicken Fricassee (Quarters) Diced Carrots (& Spinach)  Creamed Sweet Potato Banana
5	Pumpkin Mac & Cheese w/Pasta Elbows & Peas  Peach Half	Chicken Pelau (Breast Chunks) Tossed Salad Fruity Carrot Bun (Raisins and Cherries)	Beef and Breadfruit Burger Hamburger Bun w/ Dressing & Lettuce Banana	Fried Fish Sonia's Calypso Rice (Peas, Carrots, Corn, Turmeric) Apple	Creole Minced Beef Pasta Elbows Peas and Carrots Orange Half

\*\*\*BADMC Sweet Potato Cake Mix

**TERM 1** January to April 2022

**CENTRE:** St. Christopher

**SUPERVISOR:** Ms. Jacqueline Kellman

WKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>DID YOU KNOW? ...</b></p> <ul style="list-style-type: none"> <li>❖ Pumpkin is a fruit that is used as a vegetable.</li> <li>❖ Eating pumpkin provides lots of Vitamin A which is good for your eyesight.</li> <li>❖ Pumpkin seeds can be roasted and eaten as a snack.</li> <li>❖ In the Barbados pumpkin is used to make Conkies for Independence Day.</li> </ul>		
1 6	Codfish Kedgeree Pickled Cucumber & Parsley  Orange Half	Pumpkin Mac & Cheese W/ Pasta Twists Peas and Beans Banana	Curried Chicken (Quarters) Diced Carrots & Spinach Herb Rice Melon Slice	Fish Patty W/Dressing Salt Roll Lettuce Orange Half	Beef Pelau w/ Peas and Carrots Banana
2 7	Cheesy Pasta Twists w/ Peas and Carrots  Apple	Fried Fish Whole Wheat Bun Lettuce Melon Slice	Bajan Beef Stew w/ Beans and Pumpkin Creamed Potato & Yam Mix Banana	Tuna Sandwich W/ Sweet Peppers and Parsley Salt Roll Lettuce & Tomato Pear Half	Chicken Pelau (Breast Chunks)  Diced Beets w/ Dressing  Orange Half
3	Macaroni & Corned Beef Diced Carrots  Pineapple Slice	Creole Codfish Split Peas and Rice Cucumber & Lettuce Salad Orange Half	Curried Beef & Potato Mix Mixed Vegetables  Peach Half	Chicken Weiner Ketchup, Mustard, Relish Hotdog Roll Melon Slice	Chicken Fricassee (Quarters) Diced Carrots (& Spinach) Creamed Sweet Potato Banana
4	Pumpkin Mac & Cheese w/Pasta Elbows & Peas  Peach Half	Beef and Breadfruit Burger Hamburger Bun w/ Dressing & Lettuce Banana	Chicken Pelau (Breast Chunks) Green beans and carrots Orange Half	Fish Patty W?Dressing Whole Wheat Bun Lettuce and Tomato Apple	Creole Minced Beef Pasta Elbows Peas and Corn Orange Half
5	Creole Corned Beef Vegetable Rice  Melon Slice	Chicken (Breast Chunks) W/ Pasta, Sweet Peppers, Peas and Carrots  Orange Half	Savoury Minced Beef & Lentils Creamed Potato & Yam Carrots Apple	Turkey Ham Tennis Bun Lettuce and Tomato  Ice Cream	Codfish Kedgeree Cole Slaw  Banana

