

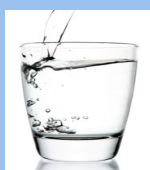
# SCHOOL MEALS DEPARTMENT—HARBOUR MENU SEPTEMBER—DECEMBER 2022

## FOR A HEALTHIER YOU

### WATER!!!

KEEP CALM AND DRINK WATER!

- Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar which provides more calories than you need.
- Drink plenty of water if you are very active, and especially on very hot days. It helps to keep your body cool.
- Drink water with and between meals. Water helps you to digest your food.
- Reusable bottles can help you have water on the go.



### DAILY MENU PATTERN

MENU PATTERN	EXAMPLE
Meat/Meat Substitute	Creole Tuna
Rice/Substitute	Vegetable Rice
Vegetables	Frozen Mixed Vegetables Cole Slaw
Fruit	Fresh Apple

Monday	Tuesday	Wednesday	Thursday	Friday
Pumpkin & Sweet Potato Mac & Cheese Vegetable Medley Apple	Curried Chicken and Potato Mix w/ diced Carrots Lettuce and Cucumber Salad Orange Half	Beef Pelau w/ Beets Tomato Slice  Banana	Savoury Tuna W/ Peas and Carrots Pasta Twists Tossed Salad Pineapple Slice	Chicken Fricassee W/ Carrots & Spinach Split Peas and Rice Watermelon Slice
Savoury Tuna W/ Peas and Carrots Pasta Twists Tomato Slice Orange Half	Bajan Beef Stew w/ Squash Sonia's Calypso Rice W/ Carrots and String Beans Banana	Chicken (chunks) with Pasta and Mixed Vegetables Tossed Salad Fruity Pumpkin Cake made with Sweet potato, Cassava Mix	Steamed Steak Fish Lentils and Rice Cole Slaw Watermelon Slice	Creole Minced Beef & Lentils Vegetable Medley Creamed Potato & Yam Apple
Hearty Pea Stew w/ Squash and Mixed Vegetables Golden Herbed Rice Watermelon Slice <b>Meatless Monday</b>	Curried Chicken and Potato Mix w/ diced Carrots Fresh Garden Salad Apple	Beef & Breadfruit Burger Hamburger Buns Dressing Lettuce, Tomato Slice Banana	Creole Minced Beef Pumpkin, Sweet Peas and Carrots Creamed Sweet Potato Orange Half	Fried Fish (Bangamary) Field Peas & Rice Cole Slaw Peach Half
Creole Tuna Vegetable Rice Cole Slaw Apple	Savoury Minced Beef w/ Mixed Vegetables Pasta Elbows Tossed Salad Orange Half	Sliced Turkey Ham Whole Wheat Bun Lettuce & Tomato Dressing Banana	Codfish Kedgerie Carrots and Sweet Peas Pickled Cucumber Banana and Raisin Cake made with Sweet potato, Cassava Mix	Bajan Beef Stew w/ Beets (grated), Diced Carrots Creamed Sweet Potato  Watermelon Slice
<b>OUR SUPER VEGETABLE</b>  <b>CARROTS</b>			<b>JUST A FEW CARROT FACTS:</b> <ul style="list-style-type: none"> <li>♦ Not all carrots are orange. Carrots can also be yellow purple or white.</li> <li>♦ The orange (or yellow, or purple, or white) part of the carrot is the root; but the leaves can be eaten too.</li> <li>♦ Eating carrots gives your body Vitamin A and this helps to keep your eyes healthy,</li> </ul>	

# SCHOOL MEALS DEPARTMENT—LANCASTER

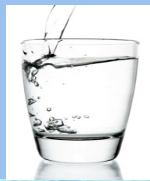
## MENU SEPTEMBER—DECEMBER 2022

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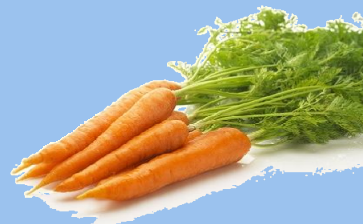
### DAILY MENU PATTERN

MENU PATTERN	EXAMPLE
Meat/Meat Substitute	Creole Tuna
Rice/Substitute	Vegetable Rice
Vegetables	Frozen Mixed Vegetables Cole Slaw
Fruit	Fresh Apple

Monday	Tuesday	Wednesday	Thursday	Friday
Savoury Tuna W/ Peas and Carrots Pasta Twists Orange Half	Bajan Beef Stew w/ Squash Sonia's Calypso Rice W/ Carrots and String Beans Banana	Chicken (chunks) with Pasta Peppers and Mixed Vegetables Fruity Pumpkin Cake made with Sweet potato, Cassava Mix	Steamed Steak Fish Lentils and Rice Tossed Salad Watermelon Slice	Creole Minced Beef & Lentils Vegetable Medley Creamed Potato & Yam Apple
Hearty Pea Stew w/ Squash and Mixed Vegetables Golden Herbed Rice Watermelon Slice <b>Meatless Monday</b>	Curried Chicken and Potato Mix w/ diced Carrots Fresh Garden Salad  Apple	Beef & Breadfruit Burger Hamburger Bun Dressing Lettuce, Tomato Slice Banana	Creole Minced Beef W/ Pumpkin, Sweet Peas Creamed Sweet Potato Orange Half	Fried Fish (Bangamary) Field Peas & Rice Tossed Salad  Peach Half
Creole Tuna Vegetable Rice Cole Slaw Apple	Savoury Minced Beef w/ Mixed Vegetables Pasta Elbows Tossed Salad Orange Half	Sliced Turkey Ham Whole Wheat Bun Lettuce & Tomato Dressing Banana	Codfish Kedgeree Carrots and Sweet Peas Pickled Cucumber Banana and Raisin Cake made with Sweet potato, Cassava Mix	Bajan Beef Stew w/ Beets (grated), Diced Carrots Creamed Sweet Potato Watermelon Slice
Pumpkin & Sweet Potato Mac & Cheese Mixed Vegetables Apple	Curried Chicken and Potato Mix w/ diced Carrots Lettuce and Cucumber Salad Orange Half	Beef Pelau w/ Beets Tomato Slice  Banana	Savoury Tuna W/ Peas and Carrots Pasta Twists Tossed Salad Pineapple Slice	Chicken Fricassee W/ Carrots & Spinach Split Peas and Rice Watermelon Slice

### OUR SUPER VEGETABLE

#### CARROTS



#### JUST A FEW CARROT FACTS:

- ♦ Not all carrots are orange. Carrots can also be yellow purple or white.
- ♦ The orange (or yellow, or purple, or white) part of the carrot is the root; but the leaves can be eaten too.
- ♦ Eating carrots gives your body Vitamin A and this helps to keep your eyes healthy,

# SCHOOL MEALS DEPARTMENT—ST. CHRISTOPHER

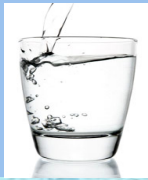
## MENU SEPTEMBER—DECEMBER 2022

### FOR A HEALTHIER YOU

#### WATER!!!

KEEP CALM AND DRINK WATER!

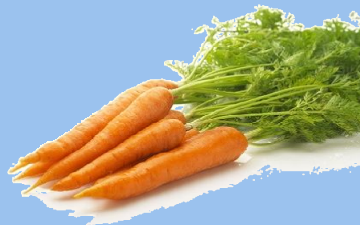
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Rice/Substitute	Vegetable Rice
Vegetables	Frozen Mixed Vegetables Cole Slaw
Fruit	Fresh Apple

Monday	Tuesday	Wednesday	Thursday	Friday
Hearty Pea Stew w/ Squash and Mixed Vegetables Golden Herbed Rice  Watermelon Slice <b>Meatless Monday</b>	Curried Chicken and Potato Mix w/ diced Carrots Lettuce and Tomato Salad  Apple	Beef & Breadfruit Burger w/ Dressing & Lettuce Tomato Slice  Banana	Codfish Kedgeree Carrots and Sweet Peas Tossed Salad  Orange Half	Creole Minced Beef Pasta Twists Cucumber & Lettuce  Apple
Pumpkin & Sweet Potato Mac & Cheese Mixed Vegetables  Pineapple Slice	Chicken Pelau Tossed Salad  Watermelon Slice	Savoury Minced Beef w/ Mixed Vegetables Pasta Elbows Lettuce and Carrot Salad  Banana	Creole Tuna Lentils & Rice Fresh Garden Salad  Orange Half	Bajan Beef Stew w/ Beets (grated) and Diced Carrots Creamed Sweet Potato  Watermelon Slice
Codfish Kedgeree Vegetable Medley Pickled Cucumber  Apple	Chicken Fricassee Carrots & Spinach Split Peas and Rice Orange Half	Sliced Turkey Ham Whole Wheat Bun Lettuce & dressing  Banana	Beef Pelau w/ Grated Beets Lettuce and Tomato Salad Dressing  Watermelon Slice	Pumpkin & Sweet Potato Mac & Cheese Cole Slaw  Apple
Savoury Tuna W/ Sweet Peas and Carrots Pasta Twists  Orange Half	Beef Pelau w/ Grated Beets Tossed Salad  Watermelon Slice	Chicken (chunks) with Pasta Mixed Vegetables  Banana	Steamed Steak Fish Lentils and Rice Tossed Salad  Apple	Creole Minced Beef & Lentils Vegetable Medley Creamed Potato & Yam  Watermelon Slice
<b>OUR SUPER VEGETABLE</b>  <b>CARROTS</b>		<b>JUST A FEW CARROT FACTS:</b> <ul style="list-style-type: none"> <li>♦ Not all carrots are orange. Carrots can also be yellow purple or white.</li> <li>♦ The orange (or yellow, or purple, or white) part of the carrot is the root; but the leaves can be eaten too.</li> <li>♦ Eating carrots gives your body Vitamin A and this helps to keep your eyes healthy,</li> </ul>		

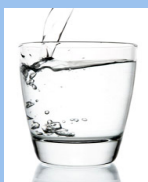
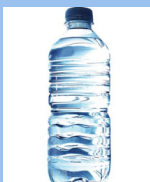


# SCHOOL MEALS DEPARTMENT—COUNTRY ROAD

## MENU SEPTEMBER—DECEMBER 2022

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### DAILY MENU PATTERN

MENU PATTERN	EXAMPLE
Meat/Meat Substitute	Creole Tuna
Rice/Substitute	Vegetable Rice
Vegetables	Frozen Mixed Vegetables Cole Slaw
Fruit	Fresh Apple

Monday	Tuesday	Wednesday	Thursday	Friday
Creole Tuna Vegetable Rice Cole Slaw  Apple	Savoury Minced Beef w/ Mixed Vegetables Pasta Elbows Tossed Salad  Orange Half	Sliced Turkey Ham Whole Wheat Bun Lettuce & Tomato Dressing  Banana	Codfish Kedgerie Carrots and Sweet Peas Pickled Cucumber  Banana Raisin Cake made with Sweet potato, Cassava Mix	Bajan Beef Stew w/ Beets (grated), Diced Carrots Creamed Sweet Potato  Watermelon Slice
Pumpkin & Sweet Potato Mac & Cheese Vegetable Medley  Apple	Curried Chicken and Potato Mix w/ diced Carrots Lettuce and Cucumber Salad  Orange Half	Beef Pelau w/ Beets Tomato Slice  Banana	Savoury Tuna W/ Peas and Car- rots Pasta Twists Fresh Garden Salad Pineapple Slice	Chicken Fricassee W/ Carrots & Spinach Split Peas and Rice Watermelon Slice
Savoury Tuna W/ Sweet Peas and Carrots Pasta Twists Tomato Slice  Orange Half	Bajan Beef Stew w/ Squash Sonia's Calypso Rice W/ Carrots and String Beans  Banana	Chicken (chunks) with Pasta Peppers and Mixed Vegetables Tossed Salad Fruity Pumpkin Cake made with Sweet potato, Cassava Mix	Steamed Steak Fish Lentils and Rice Cole Slaw  Watermelon Slice	Creole Minced Beef & Lentils Vegetable Medley Creamed Potato & Yam  Apple
Hearty Pea Stew w/ Squash and Mixed Vegetables Golden Herbed Rice Watermelon Slice  <b>Meatless Monday</b>	Curried Chicken and Potato Mix w/ diced Carrots Fresh Garden Salad  Apple	Beef & Breadfruit Burger Hamburger Bun Dressing Lettuce, Tomato Slice  Banana	Creole Minced Beef W/ Pumpkin, Sweet Peas Creamed Sweet Potato Sliced Cucumber and Parsley  Orange Half	Fried Fish (Bangamary) Field Peas & Rice Tossed Salad  Peach Half
<b>OUR SUPER VEGETABLE</b>  <b>CARROTS</b>				
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