TERM 1 January to April 2022

CENTRE: COUNTRY ROAD

| WKS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----|----------------------------|---|--|---------------------------------|--------------------------------|
| | FRUIT OF THE MONTH | PUMPKIN | Pumpkin is a fruit that is used as a vegetable. Eating pumpkin provides lots of Vitamin A which is good for your eyesight. Pumpkin seeds can be roasted and eaten as a snack. In the Barbados pumpkin is used to make Conkies for Independence Day. | | |
| | Macaroni & Corned Beef | Creole Codfish | Curried Beef & Potato Mix | Chicken Weiner | Chicken Fricassee (Quarters) |
| 1 | Diced Carrots | Split Peas and Rice | Mixed Vegetables | Ketchup, Mustard, Relish | Diced Carrots (& Spinach) |
| 6 | Pineapple Slice | Cucumber & Lettuce Salad | | Hotdog Roll | Creamed Sweet Potato |
| | | Orange Half | Peach Half | Melon Slice | Banana |
| | Pumpkin Mac & Cheese | Chicken Pelau (Breast Chunks) | Beef and Breadfruit Burger | Fried Fish | Creole Minced Beef |
| 2 | w/Pasta Elbows & Peas | Tossed Salad | Hamburger Bun | Sonia's Calypso Rice | Pasta Elbows |
| 7 | D1. II-16 | Fruity Carrot Bun (Raisins and | w/ Dressing & Lettuce | (Peas, Carrots, Corn, Turmeric) | Peas and Carrots |
| | Peach Half | Cherries) | Banana | Apple | Orange Half |
| | Creole Corned Beef | Chicken (Breast Chunks) W/ | Savoury Minced Beef & | Turkey Ham | Fried Fish |
| | Vegetable Rice | Pasta, Sweet Peppers and Peas Sliced Tomato and Shredded | Lentils Creamed Potato & Yam | Whole Wheat Bun | Split Peas & Rice Cole Slaw |
| 3 | Melon Slice | | | Lettuce | Cole Slaw |
| | Meion Since | Lettuce Orange Half | Carrots Apple | Ice Cream | Banana |
| | Codfish Kedgeree | Pumpkin Mac & Cheese | Curried Chicken (Quarters) | Fish Patty W/Dressing | Hearty Beef Stew |
| 4 | Pickled Cucumber & Parsley | W/ Pasta Twists | Diced Carrots | Salt Roll | w/ Peas, and Pumpkin |
| | Tiekied Caeamber & Tarsiey | Peas and Beans | Creamed Sweet Potato | Lettuce | Herb Rice |
| | Orange Half | Banana | Melon Slice | Orange Half | ***Banana Cake |
| | Cheesy Pasta Twists | Fried Fish | Bajan Beef Stew w/ Beans and | Tuna Sandwich | Chicken Pelau (Breast Chunks) |
| 5 | w/ Peas and Carrots | Field Peas and Rice | Diced Carrots | W/ Sweet Peppers and Parsley | Diced Beets w/ Dressing |
| | | Tossed Salad | Creamed Potato & Yam | Tennis Bun | |
| | Melon Slice | Apple | Banana | Lettuce & Tomato | Orange Half |
| | | | | Pear Half | _ |

SUPERVISOR: Ms. Eustene Simpson

^{***}BADMC Sweet Potato Cake Mix

TERM 1 January to April 2022

CENTRE: HARBOUR

| WKS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----|----------------------------|--------------------------------|---|---------------------------------|-------------------------------|
| | FRUIT OF THE MONTH PUMPKIN | | DID YOU KNOW? Pumpkin is a fruit that is used as a vegetable. Eating pumpkin provides lots of Vitamin A which is good for your eyesight. Pumpkin seeds can be roasted and eaten as a snack. In the Barbados pumpkin is used to make Conkies for Independence Day. | | |
| | Pumpkin Mac & Cheese | Chicken Pelau (Breast Chunks) | Beef and Breadfruit Burger | Fried Fish | Creole Minced Beef |
| 1 | w/Pasta Elbows & Peas | Tossed Salad | Hamburger Bun | Sonia's Calypso Rice | Pasta Elbows |
| 6 | | Fruity Carrot Bun (Raisins and | w/ Dressing & Lettuce | (Peas, Carrots, Corn, Turmeric) | Peas and Carrots |
| | Peach Half | Cherries) | Banana | Apple | Orange Half |
| | Creole Corned Beef | Chicken (Breast Chunks) W/ | Savoury Minced Beef & | Turkey Ham | Fried Fish |
| 2 | Vegetable Rice | Pasta | Lentils | Whole Wheat Bun | Split Peas & Rice |
| 7 | | Sliced Tomato and Shredded | Creamed Potato & Yam | Lettuce | Cole Slaw |
| , | Melon Slice | Lettuce | Carrots | | |
| | | Orange Half | Apple | Ice Cream | Banana |
| | Codfish Kedgeree | Pumpkin Mac & Cheese | Curried Chicken (Quarters) | Fish Patty W/Dressing | Hearty Beef Stew |
| 3 | Pickled Cucumber & Parsley | W/ Pasta Twists | Diced Carrots | Salt Roll | w/ Peas, Beans and Pumpkin |
| | | Peas and Beans | Creamed Sweet Potato | Lettuce | Herb Rice |
| | Orange Half | Banana | Melon Slice | Orange Half | ***Banana Cake |
| | Cheesy Pasta Twists | Fried Fish | Bajan Beef Stew w/ Beans and | Tuna Sandwich | Chicken Pelau (Breast Chunks) |
| | w/ Peas and Carrots | Field Peas and Rice | Diced Carrots | W/ Sweet Peppers and Parsley | Diced Beets w/ Dressing |
| 4 | 16.1 GP | Tossed Salad | Creamed Potato & Yam | Tennis Bun | O 11 10 |
| | Melon Slice | Apple | Banana | Lettuce & Tomato | Orange Half |
| | | G 1 G 15 1 | G : 1D COD : 15 | Pear Half | |
| | Macaroni & Corned Beef | Creole Codfish | Curried Beef & Potato Mix | Chicken Weiner | Chicken Fricassee (Quarters) |
| 5 | Diced Carrots | Split Peas and Rice | Mixed Vegetables | Ketchup, Mustard, Relish | Diced Carrots (& Spinach) |
| | Pineapple Slice | Cucumber & Lettuce Salad | D 1 11 10 | Hotdog Roll | C 10 D |
| | | Orange Half | Peach Half | Melon Slice | Creamed Sweet Potato |
| | | | | | Banana |

SUPERVISOR: Ms. Grace Primus

^{***}BADMC Sweet Potato Cake Mix

TERM 1 January to April 2022

CENTRE: Lancaster SUPERVISOR: Mrs. Sondra Jordan

| WKS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----|----------------------------|--------------------------------|--|---------------------------------|-------------------------------|
| | FRUIT OF THE MONTH PUMPKIN | | DID YOU KNOW? Pumpkin is a fruit that is used as a vegetable. Eating pumpkin provides lots of Vitamin A which is good for your eyesight. Pumpkin seeds can be roasted and eaten as a snack. In the Barbados pumpkin is used to make Conkies for Independence Day. | | |
| | Creole Corned Beef | Chicken (Breast Chunks) W/ | Savoury Minced Beef & | Turkey Ham | Fried Fish |
| 1 | Vegetable Rice | Pasta | Lentils | Whole Wheat Bun | Split Peas & Rice |
| 6 | | Sliced Tomato and Shredded | Creamed Potato & Yam | Lettuce | Cole Slaw |
| U | Melon Slice | Lettuce | Carrots | | |
| | | Orange Half | Apple | Ice Cream | Banana |
| | Codfish Kedgeree | Pumpkin Mac & Cheese | Curried Chicken (Quarters) | Fish Patty W/Dressing | Hearty Beef Stew |
| 2 | Pickled Cucumber & Parsley | W/ Pasta Twists | Diced Carrots | Salt Roll | w/ Peas, Beans and Pumpkin |
| 7 | | Peas and Beans | Creamed Sweet Potato | Lettuce | Herb Rice |
| | Orange Half | Banana | Melon Slice | Orange Half | ***Banana Cake |
| | Cheesy Pasta Twists | Fried Fish | Bajan Beef Stew w/ Beans and | Tuna Sandwich | Chicken Pelau (Breast Chunks) |
| | w/ Peas and Carrots | Field Peas and Rice | Diced Carrots | W/ Sweet Peppers and Parsley | Diced Beets w/ Dressing |
| 3 | | Tossed Salad | Creamed Potato & Yam | Tennis Bun | |
| | Melon Slice | Apple | Banana | Lettuce & Tomato | Orange Half |
| | | | | Pear Half | |
| | Macaroni & Corned Beef | Creole Codfish | Curried Beef & Potato Mix | Chicken Weiner | Chicken Fricassee (Quarters) |
| | Diced Carrots | Split Peas and Rice | Mixed Vegetables | Ketchup, Mustard, Relish | Diced Carrots (& Spinach) |
| 4 | Pineapple Slice | Cucumber & Lettuce Salad | 5 | Hotdog Roll | |
| | | Orange Half | Peach Half | Melon Slice | Creamed Sweet Potato |
| | D 1' M 0 Cl | | D C 1D 1C '/ D | F ' 1 F' 1 | Banana |
| 5 | Pumpkin Mac & Cheese | Chicken Pelau (Breast Chunks) | Beef and Breadfruit Burger | Fried Fish | Creole Minced Beef |
| | w/Pasta Elbows & Peas | Tossed Salad | Hamburger Bun | Sonia's Calypso Rice | Pasta Elbows |
| | Doogh Half | Fruity Carrot Bun (Raisins and | w/ Dressing & Lettuce | (Peas, Carrots, Corn, Turmeric) | Peas and Carrots |
| | Peach Half | Cherries) | Banana | Apple | Orange Half |

^{***}BADMC Sweet Potato Cake Mix

TERM 1 January to April 2022

CENTRE: St. Christopher

| WKS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----|----------------------------|--------------------------------|--|------------------------------|-------------------------------|
| | FRUIT OF THE MONTH | PUMPKIN | Pumpkin is a fruit that is used as a vegetable. Eating pumpkin provides lots of Vitamin A which is good for your eyesight. Pumpkin seeds can be roasted and eaten as a snack. In the Barbados pumpkin is used to make Conkies for Independence Day. | | |
| | Codfish Kedgeree | Pumpkin Mac & Cheese | Curried Chicken (Quarters) | Fish Patty W/Dressing | Beef Pelau |
| 1 | Pickled Cucumber & Parsley | W/ Pasta Twists | Diced Carrots & Spinach | Salt Roll | w/ Peas and Carrots |
| 6 | _ | Peas and Beans | Herb Rice | Lettuce | Banana |
| | Orange Half | Banana | Melon Slice | Orange Half | |
| | Cheesy Pasta Twists | Fried Fish | Bajan Beef Stew w/ Beans and | Tuna Sandwich | Chicken Pelau (Breast Chunks) |
| 2 | w/ Peas and Carrots | Whole Wheat Bun | Pumpkin | W/ Sweet Peppers and Parsley | |
| 7 | | Lettuce | Creamed Potato & Yam Mix | Salt Roll | Diced Beets w/ Dressing |
| | Apple | Melon Slice | Banana | Lettuce & Tomato | |
| | | | | Pear Half | Orange Half |
| | Macaroni & Corned Beef | Creole Codfish | Curried Beef & Potato Mix | Chicken Weiner | Chicken Fricassee (Quarters) |
| 3 | Diced Carrots | Split Peas and Rice | Mixed Vegetables | Ketchup, Mustard, Relish | Diced Carrots (& Spinach) |
| | | Cucumber & Lettuce Salad | | Hotdog Roll | Creamed Sweet Potato |
| | Pineapple Slice | Orange Half | Peach Half | Melon Slice | Banana |
| | Pumpkin Mac & Cheese | Beef and Breadfruit Burger | Chicken Pelau (Breast Chunks) | Fish Patty W?Dressing | Creole Minced Beef |
| 4 | w/Pasta Elbows & Peas | Hamburger Bun | Green beans and carrots | Whole Wheat Bun | Pasta Elbows |
| | | w/ Dressing & Lettuce | Orange Half | Lettuce and Tomato | Peas and Corn |
| | Peach Half | Banana | | Apple | Orange Half |
| | Creole Corned Beef | Chicken (Breast Chunks) W/ | Savoury Minced Beef & | Turkey Ham | Codfish Kedgeree |
| 5 | Vegetable Rice | Pasta, Sweet Peppers, Peas and | Lentils | Tennis Bun | Cole Slaw |
| | | Carrots | Creamed Potato & Yam | Lettuce and Tomato | _ |
| | Melon Slice | | Carrots | | Banana |
| | | Orange Half | Apple | Ice Cream | |

SUPERVISOR: Ms. Jacqueline Kellman