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

SCHOOL MEALS DEPARTMENT—HARBOUR MENU SEPTEMBER—DECEMBER 2022

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 Meatless Monday	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 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
our super Vegevable		 Not all carrots are orange. 	Carrots can also be yellow purple	or white.
		eaten too.	ple, or white) part of the carrot is y Vitamin A and this helps to kee	

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

SCHOOL MEALS DEPARTMENT—LANCASTER MENU SEPTEMBER—DECEMBER 2022

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 Meatless Monday	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 VEGEVABLE CARROVS	 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, 			

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DAILY MENU PATTERN

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

SCHOOL MEALS DEPARTMENT—ST. CHRISTOPHER MENU SEPTEMBER—DECEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Hearty Pea Stew w/ Squash and Mixed Vegetables Golden Herbed Rice Watermelon Slice Meatless Monday	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
our super vegevable carrovs		 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, 		

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DAILY MENU PATTERN

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

SCHOOL MEALS DEPARTMENT—COUNTRY ROAD MENU SEPTEMBER—DECEMBER 2022

ŝ	Monday	Tuesday	Wednesday	Thursday	Friday
ď	Creole Tuna	Savoury Minced Beef w/	Sliced Turkey Ham	Codfish Kedgeree	Bajan Beef Stew w/ Beets
è	Vegetable Rice	Mixed Vegetables	Whole Wheat Bun	Carrots and Sweet Peas	(grated), Diced Carrots
Į,	Cole Slaw	Pasta Elbows	Lettuce & Tomato	Pickled Cucumber	Creamed Sweet Potato
		Tossed Salad	Dressing		
8	Apple			Banana Raisin Cake made with	Watermelon Slice
B		Orange Half	Banana	Sweet potato, Cassava Mix	
ĕ					
Š					
S	•	Curried Chicken and Potato Mix	Beef Pelau w/ Beets	Savoury Tuna W/ Peas and Car-	Chicken Fricassee W/
	Cheese	w/ diced Carrots	Tomato Slice	rots	Carrots & Spinach
Ñ	Vegetable Medley	Lettuce and Cucumber Salad	_	Pasta Twists	Split Peas and Rice
g		0 11 10	Banana	Fresh Garden Salad	Watermelon Slice
ŝ	Apple	Orange Half		Pineapple Slice	
ø					
Š					
ĕ	Savoury Tuna W/ Sweet Peas	Bajan Beef Stew w/ Squash	Chicken (chunks) with Pasta	Steamed Steak Fish	Creole Minced Beef & Lentils
8	and Carrots	Sonia's Calypso Rice	Peppers and	Lentils and Rice	Vegetable Medley
ĕ	Pasta Twists	W/ Carrots and String Beans	Mixed Vegetables	Cole Slaw	Creamed Potato & Yam
	Tomato Slice	w/ Carrots and String Beans	Tossed Salad	Cole Slaw	Creamed Potato & Tam
	Tomato Since	Banana	Fruity Pumpkin Cake made with	Watermelon Slice	Apple
8	Orange Half	Danana	Sweet potato, Cassava Mix	watermelon shee	Appic
ĕ	Orange Trair		Sweet potato, Cassava Mix		
d					
Š	Hearty Pea Stew w/				
Ŋ	Squash and Mixed Vegetables	Curried Chicken and Potato Mix	Beef & Breadfruit Burger	Creole Minced Beef W/	Fried Fish (Bangamary)
ğ	Golden Herbed Rice	w/ diced Carrots	Hamburger Bun	Pumpkin, Sweet Peas Creamed	Field Peas & Rice
è	Watermelon Slice	Fresh Garden Salad	Dressing	Sweet Potato	Tossed Salad
ß,	Meatless Monday		Lettuce, Tomato Slice	Sliced Cucumber and Parsley	
ď	meatiess monuay	Apple	_		Peach Half
8			Banana	Orange Half	
N.	our super		JUST A FEW CARROT FACTS:		
1			5557711 E11 5711110 171010.		
ś	VEGEVABLE			Carrots can also be yellow purple	
X.				ple, or white) part of the carrot is	the root; but the leaves can be
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