

# SuN Programme



# SuN Programme Menu

WKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MINISTRY OF EDUCATION TECHNOLOGICAL AND VOCATIONAL TRAINING  SCHOOL MEALS DEPARTMENT		EAT SMART... EAT HEALTHY		
Wks  1 4	Codfish Pelau Carrots And Spinach /Chinese Cabbage English Apple  Boneless codfish, rice, spinach or Chinese cabbage, onions, Sweet pepper, fresh herbs, spices	Chicken Fricassee w/ String Beans and Carrots Lentils and Rice Watermelon Slice  Chicken quarters, rice, lentils, beans, carrots, onions, Sweet pepper, garlic, fresh herbs, spices	Savoury Minced Beef w/ Mixed Vegetables Pasta Elbows Orange Half  Minced beef, frozen mixed vegetables, regular/whole wheat pasta, Sweet peppers, garlic, fresh herbs, spices	Fried Bangamary Sonia's Calypso Rice (Peas, carrots, green beans) ***Apple Cinnamon Cake  Bangamary, Rice, Turmeric, vegetables either fresh /frozen Sweet pepper, Garlic, fresh herbs, spices. Sweet potato cake mix with Apple, cinnamon , raisins.	Bajan Beef Stew w/ Beets Lettuce and Carrot Salad Creamed Sweet Potato Banana  Stew beef, grated beets in stew, Local lettuce, carrots, sweet potatoes, tomatoes, onions, sweet pepper, garlic, fresh herbs, curry, other spices
Wks  2 5	Creole Tuna W/ Sweet Peas and Carrots Pasta Elbows Orange Half  Canned tuna, regular/whole wheat pasta, tomatoes, Sweet pepper, Garlic, fresh herbs, lemon pepper seasoning and other spices	Fried Steak Fish Field Peas & Rice Tossed Salad Banana  Marlin, rice, field peas, sweet pepper, onions, garlic, fresh thyme and marjoram, spices.	Curried Chicken and Potato Mix Mixed Vegetables Watermelon Slice  Chicken breast chunks, english potatoes, sweet pepper, garlic, fresh herbs, garamasala, gheera, and spices	Beef Pelau Cucumber, Carrot and Lettuce Salad Fruity Coconut and Pumpkin Bun  Stew beef, rice, onions, sweet pepper, Garlic, fresh herbs, spices	Pumpkin & Sweet Potato Mac & Cheese Peas and Carrots Baked Chicken English Apple  Pureed pumpkin and sweet potato, skimmed milk, regular/whole wheat pasta, cheddar cheese, onions, sweet pepper, Garlic, fresh herbs, spices
Wks  3 6	Hearty Pea Stew w/ Squash and Mixed Vegetables Golden Herbed Rice Watermelon Slice <i>Meatless Monday</i>  Lentils, squash or pumpkin, carrots and green beans in stew. Onions, sweet pepper, Garlic, fresh herbs, turmeric and other spices	Chicken with Pasta Peppers and Mixed Vegetables English Apple  Chicken breast chunks, regular/whole wheat pasta, frozen mixed vegetables tomatoes, Sweet pepper, garlic, fresh herbs, lemon pepper seasoning and other spices	Bajan Beef Stew w/ Pumpkin Field Peas and Rice Cole Slaw Orange Half  Stew beef, pumpkin in stew, cabbage, carrots, sweet potatoes, tomatoes, onions, sweet pepper, garlic, fresh herbs, curry, garamasala, gheera, and other spices	Steamed Steak Fish Creamed Sweet Potato Tossed Salad Watermelon Slice  Marlin, sweet potatoes, skimmed milk, onions, sweet pepper, Garlic, fresh herbs, spices	Minced Beef, Lentils & Vegetable Medley Creamed Potato and Yam *** Banana Cake  Minced beef, lentils, may include any combination of carrots, beans, spinach or peas. Onions, sweet pepper, Garlic, fresh herbs, spices



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