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| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **One**  | **Bouillon with Peas pumpkin, spinach, provisions, dumpling** | **Stew Turkey** **Peas & Rice** **Sautéed carrot & cabbage**  | **Oven fried chicken** **Provision Pie** **Lentils** **Avocado tomato salsa** | **Spaghetti with chopped spinach, carrot, tomatoes and minced turkey** | **Canned Mackerel** **Vegetable Rice** **Steamed Pumpkin****Lentils**  |
| **Two**  | **Lentil Burger** **Breadfruit cheese Pie****Pumpkin stew** **Lettuce & cucumber salad**  | **Lamb Stew** **Rice and pumpkin** **Peas** **Cucumber Salad** | **Baked chicken****Mashed potatoes****Split peas****Stir fry vegetables** | **Creole fish** **Vegetable rice** **Stew lentils** **Tomato & Mango salsa**  | **Chicken Stew****Sautéed provisions with vegetables** **Black Eye Peas** |
| **Three**  | **Sweet potato pie** **Stew beans/peas****Sautéed vegetables**  | **Chicken Bouillon** **(With peas, spinach pumpkin and provisions** | **Tuna spaghetti and vegetables** **Baked Ripe plantain with cinnamon** | **Baked wings** **Rice & Peas****Banana Salad****Coleslaw** | **Spaghetti and turkey meat balls****(With chopped carrots and cabbage & corn) and tomato sauce**  |
| **Four**  | **Eggplant Burger with tomato sauce** **Banana salad (diced carrot, green beans, corn)****Pink beans**  | **Lamb stew** **Spinach rice** **Carrot, lettuce & Raisin Salad**  | **Chicken Bouillon** **(With peas, spinach pumpkin and provisions)** | **Curry Turkey** **Breadfruit balls****Pink beans** **Cucumber Salad**  | **Vegetable pizza** **(corn, carrot, kale, cheese, tomato)** |

**Cyclical Menu**

**Fruit served with meals will be based on availability and seasonality**