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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**