

# International menu

## Monday

**Jerk Chicken** 🌶️🌶️  
Served with rice

**Lentil Bolognese**  
Served with carrots

**Fish Fillet in Parsley Sauce**  
Served with potato, beans & vegetables

### SUPPER

**Pasta & Minced Lamb**  
Served with beans & vegetables

**Vegetable Korma**  
Served with Masoor dal & rice

**Fish in tomato**  
Served with rice

## Tuesday

**Shepherd's Pie**  
Served with carrots

**Green Bean Masala** 🌶️  
Served with Urad dal & rice

**Fish Masala** 🌶️  
Served with potato, beans & vegetables

### SUPPER

**Chicken Fillet**  
With chips beans & Vegetables

**Aloo Sag** 🌶️  
With black-eyed beans dal & rice

**Fishermen's Pie**  
Served with mushy peas

## Wednesday

**Chicken Korma**  
Served with Masoor dal & rice

**Moroccan Quorn & Vegetables**  
Served with cous cous

**Fish in tomato**  
Sauce with rice

### SUPPER

**Lamb & Lentils** 🌶️  
Served with Chana dal & rice

**Broccoli & Cauliflower**  
Served with couscous

**Fish Masala** 🌶️  
Served with potato, beans & vegetables

## Thursday

**Chicken and Vegetables**  
Served with rice

**Peas & Potato** 🌶️  
Served with black eyed bean dal & rice

**Fish Fillet in Parsley Sauce**  
Served with potato, beans & vegetables

### SUPPER

**BBQ Chicken Wings**  
With potatoes beans vegetables

**Omelette**  
Served with beans & potatoes

**Ackee with Saltfish** 🌶️🌶️  
Served with Marley Stew & rice

## Friday

**Chicken and Lentils** 🌶️  
Served with black eyed bean dal & rice

**Omelette**  
Served with beans & potatoes

**Fish Masala** 🌶️  
Served with Potato, Beans & Vegetables

### SUPPER

**Lamb Tikka** 🌶️🌶️  
With Potatoes, Beans & Vegetables

**Spinach Masala** 🌶️  
Served with Chana Dal & Rice

**Fishermen's Pie**  
Served with mushy peas

## Saturday

**Beef Bolognese**  
Served with carrot

**Vegetarian Pasta**  
Served with beans & vegetables

**Fish in tomato**  
Sauce with rice

### SUPPER

**Brown Stew Chicken** 🌶️🌶️  
With Marley stew & rice

**Vegetable Hot Pot**  
With mushy peas

**Fish Fillet in Parsley Sauce**  
Served with potato, beans & vegetables

## Sunday

**Roast Chicken**  
Served with potato, beans & vegetables

**Aloo Sag** 🌶️  
With Black-eyed Beans Dal & Rice

**Fish Fillet in Parsley Sauce**  
Served with Potato, Beans & Vegetables

### SUPPER

**Cottage Pie**  
Served with carrots

**Green Bean Masala** 🌶️  
Served with Urad dal & rice

**Ackee with Saltfish** 🌶️🌶️  
Served with Marley stew & rice