

REACH ACADEMY - MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Sweet and sour chicken with white rice and stir fry veg	3 Stewed beef with yam, sweet potato and dumplings	4 Baked chicken with rice and peas and steamed veg	5 Peppered steak with white rice and plain chop suey	6 Fried chicken with baked mac and cheese and shredded veg	7
8	9 Curried chicken with yam, sweet potato and dumplings	10 Baked chicken with rice and peas and steamed veg	11 Fried chicken with baked mac and cheese and shredded veg	12 Stewed beef with white rice and steamed calaloo	13 Bar-b-fried chicken with potato wedges	14
15	16 Peppered steak with white rice and stir fried veg	17 Fricasseed chicken with rice and peas and steamed veg	18 Stewed beef with yam, sweet potato and dumplings	19 Baked chicken with pumpkin rice and tossed salad	20 Barbequed chicken with rice and peas and tossed salad	21
22	23 Curried chicken with white rice and shredded veg	24 Stewed chicken with yam, sweet potato and dumplings	25 Sweet and sour chicken with white rice and stir fried veg	26 Stewed beef with white rice and shredded veg	27 PIZZA	28
29	30 Fried chicken with rice and peas and steamed veg	31 Peppered steak with white rice and veg chop suey				