

# BLACK HISTORY MONTH

Wednesday 1<sup>st</sup> October

**Jerk Chicken (GF)**  
**Rice & Peas (GF)**  
with  
**Steamed Cabbage (V,GF,D)**  
or  
**Coleslaw Salad (E)**  
&  
**Cornbread (V,GL,D,E)**

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**Spiced Sweet Potato Stew (V,GF)**  
with  
**Cornbread (V,GL,D,E)**

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**Baked Macaroni and Cheese (V,GL,D)**  
with  
**Cornbread (V,GL,D,E)**

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**DESSERT**  
**Southern Peach Cobbler (GL,D) with**  
**Whipped Cream (D)**