

Know your kitchen
staff!

- Marvell Herbert
- Vaple George
- Madonna Hill
- Geagar Fraser

St. Thomas/ St. John Seventh-day Adventist School

WHAT'S ON YOUR PLATE?

OCTOBER 2025

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3John 2



Menu subject to change based on availability of goods.

Mon.	Tues.	Wed.	Thur.	Fri.
		1 Rice, Stewed Big Franks, Salad, Juice	2 Spaghetti, Chili, Salad, Garlic Bread, Juice	3 Johnnycake with tuna or cheese, Juice
6 Burger, Fries, Juice	7 Mac & Cheese, Stewed Griller ,Salad, Juice	8 Spaghetti, Chili, Salad, Garlic Bread, Juice	9 Rice, and peas. Vege Roast, Salad, Juice	10 Hotdog, Popcorn, Juice
13 HOLIDAY	14 Rice, SBBQ Tofu, Salad, Juice	15 Pizza, Salad, Juice	16 Spaghetti, Chili, Salad, Garlic Bread, Juice	17 Johnnycake with tuna or cheese, Juice
20 Sandwiches with tuna or cheese, Chips, Juice	21 Fried Rice , Salad, Juice	22 Johnnycake with Chili, Salad,, Juice	23 Spaghetti, Chili, Salad, Garlic Bread, Juice	24 Hotdog, Popcorn, Juice
27 Lasagna, Garlic Bread, Salad, Juice	28 Mac & Cheese, Stewed Griller ,Salad, Juice	29 Rice, & Peas, Croquet, Salad, Juice	30 Taco with all the trimmings, Juice	31 Johnnycake with tuna or cheese, Juice