

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?

SEPTEMBER 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 HOLIDAY	2 Mac & Cheese, Stewed Griller ,Salad, Juice	3 Rice, Stewed Big Franks, Salad, Juice	4 Spaghetti, Chili, Salad, Garlic Bread, Juice	5 Johnnycake with tuna or cheese, Juice
8 Burger, Fries, Juice	9 Mac & Cheese, Stewed Griller ,Salad, Juice	10 Spaghetti, Chili, Salad, Garlic Bread, Juice	11 Rice, and peas. Vege Roast,Salad, Juice	12 Hotdog, Popcorn, Juice
15 Lasagna, Garlic Bread, Salad, Juice	16 Rice, SBBQ Tofu, Salad, Juice	17 Pizza, Salad, Juice	18 Spaghetti, Chili, Salad, Garlic Bread, Juice	19 Johnnycake with tuna or cheese, Juice
22 Sandwiches with tuna or cheese,Chips, Juice	23 Fried Rice , Salad, Juice	24 Johnnycake with Chili, Salad,, Juice	25 Spaghetti, Chili, Salad, Garlic Bread, Juice	26 Hotdog, Popcorn,J uice
29 Lasagna, Garlic Bread, Salad, Juice	30 Mac & Cheese, Stewed Griller ,Salad, Juice			