

SAMPLE MENU 2025



Student's Name: _____

Class: _____

Parent's Contact Number: _____

SAMPLE MENU The cost is **\$8.00** per day for lunch. Choose between either option each day.

WEEK 1				WEEK 3			
MON	HOT	Spaghetti Bolognese with garlic toast	<input type="checkbox"/>	MON	HOT	Spaghetti Bolognese with garlic toast	<input type="checkbox"/>
	COLD	Ham & Cheddar on a flour bun with fresh fruits	<input type="checkbox"/>		COLD	Ham & Cheddar on a flour bun with fresh fruits	<input type="checkbox"/>
	VEG/SALAD	Spaghetti prima vera in a tomato cream or Chicken salad	<input type="checkbox"/>		VEG/SALAD	Spaghetti prima vera in a tomato cream or Chicken salad	<input type="checkbox"/>
TUES	HOT	Peppersteak served with steamed rice and cassava & mixed veg	<input type="checkbox"/>	TUES	HOT	West Indian chicken curry with vegetable rice	<input type="checkbox"/>
	COLD	Crunchy sweet chili chicken wrap & coleslaw	<input type="checkbox"/>		COLD	Jerk Chicken & mango salad wrap with pasta salad	<input type="checkbox"/>
	VEG/SALAD	Balsamic roasted veggies with spaghetti OR Chicken salad	<input type="checkbox"/>		VEG/SALAD	Vegetable Biryani OR Chicken salad	<input type="checkbox"/>
WED	HOT	sweet & sour chicken served with stir fry asian veg & noodles	<input type="checkbox"/>	WED	HOT	Buttermilk fried chicken and chips with a BBQ mayo	<input type="checkbox"/>
	COLD	Lean USDA choice burger with cheddar & salad bar	<input type="checkbox"/>		COLD	Lean USDA choice burger with cheddar & salad bar	<input type="checkbox"/>
	VEG/SALAD	Baked potato with beans and cheddar OR Chicken salad	<input type="checkbox"/>		VEG/SALAD	Baked potato with beans and cheddar/OR Chicken salad	<input type="checkbox"/>
THURS	HOT	Cayman style Mahi with Rice & beans & plantain	<input type="checkbox"/>	THURS	HOT	Irish beef stew with hearty veg and french baguette	<input type="checkbox"/>
	COLD	Tuna & sweetcorn wrap and pasta salad	<input type="checkbox"/>		COLD	Chicken parmigiana sandwich with pasta salad	<input type="checkbox"/>
	VEG/SALAD	Broccoli & Cauliflower Gratin with fresh salad & crusty bread	<input type="checkbox"/>		VEG/SALAD	Roasted Veg Pasta with olive oil & balsamic OR Chicken salad	<input type="checkbox"/>
FRI	HOT	Chicken & Brocoli in a rose tomato sauce served with penne	<input type="checkbox"/>	FRI	HOT	Coconut crusted fish mango salsa & rice and beans	<input type="checkbox"/>
	COLD	Pulled slow roasted BBQ pork sliders & fruity coleslaw	<input type="checkbox"/>		COLD	Roast Beef & Cheddar in a French baguette with veg crisps	<input type="checkbox"/>
	VEG/SALAD	Ricotta tortellini with basil tomato sauce OR Chicken salad	<input type="checkbox"/>		VEG/SALAD	Ricotta tortellini with basil tomato sauce OR Chicken salad	<input type="checkbox"/>
WEEK 2				WEEK 4			
MON	HOT	Spaghetti Bolognese with garlic toast	<input type="checkbox"/>	MON	HOT	Spaghetti Bolognese with Garlic toast	<input type="checkbox"/>
	COLD	Blackened chicken caesar wrap with veggie crisps & fruit	<input type="checkbox"/>		COLD	Crispy chicken sweet chili tender wrap with soup of the day	<input type="checkbox"/>
	VEG/SALAD	Vegetable lasagne & garlic toast	<input type="checkbox"/>		VEG/SALAD	Balsamic roasted veggies with spaghetti OR Chicken salad	<input type="checkbox"/>
TUES	HOT	Sweet & sour pork chops with asian veggie rice	<input type="checkbox"/>	TUES	HOT	BBQ chicken with mac & cheese	<input type="checkbox"/>
	COLD	Crispy chicken sweet chili tender wrap with soup of the day	<input type="checkbox"/>		COLD	Pulled slow roasted BBQ pork sliders & fruity coleslaw	<input type="checkbox"/>
	VEG/SALAD	Stir fry sweet & sour veggies with noodles/ OR Chicken salad	<input type="checkbox"/>		VEG/SALAD	Ricotta tortellini with basil tomato sauce OR Chicken salad	<input type="checkbox"/>
WED	HOT	English style fish and chips with green peas and tartar sauce	<input type="checkbox"/>	WED	HOT	Chicken tenders and fries with a BBQ or Honey Mustard sauce	<input type="checkbox"/>
	COLD	Lean USDA choice burger with cheddar & salad bar	<input type="checkbox"/>		COLD	Lean USDA choice burger with cheddar & salad bar	<input type="checkbox"/>
	VEG/SALAD	Baked potato with beans and cheddar/OR Chicken salad	<input type="checkbox"/>		VEG/SALAD	Baked potato with beans and cheddar OR Chicken salad	<input type="checkbox"/>
THURS	HOT	Peppered steak, rice & beans. Plantain & corn bread	<input type="checkbox"/>	THURS	HOT	Chinese beef & broccoli with noodles	<input type="checkbox"/>
	COLD	Pulled slow roasted BBQ pork sliders & fruity coleslaw	<input type="checkbox"/>		COLD	Crispy fish burger with sweet chili mayo and fresh salad	<input type="checkbox"/>
	VEG/SALAD	Ricotta tortellini with basil tomato sauce OR Chicken salad	<input type="checkbox"/>		VEG/SALAD	Veggie stirfry with noodles	<input type="checkbox"/>
FRI	EVERY 2ND FRIDAY PIZZA SOLD BY THE SLICE \$ \$2.50 PER SLICE CASH ONLY		<input type="checkbox"/>	FRI	EVERY 2ND FRIDAY PIZZA SOLD BY THE SLICE \$ \$2.50 PER SLICE CASH ONLY		<input type="checkbox"/>

Number of Lunches Ordered _____

Amount Enclosed \$ _____

Signed _____

