



CAYMAN INTERNATIONAL SCHOOL
MARCH 2021 MENU

WRAPS

Mild Jerk Chicken	\$3.50 or \$6.00
Crispy Chicken	\$3.50 or \$6.00
Chicken Caesar	\$3.50 or \$6.00
Ham & Cheese	\$3.50 or \$6.00

SANDWICHES

BLT Sandwich	\$7.00
Grilled Chicken Bap	\$7.00
Grilled Cheese Sandwich	\$3.50

SNACKS & SIDES

Chips & Goldfish	\$1.50
Popcorn (Assorted Variety)	\$2.50

SALADS

Caesar Salad	\$3.50 or \$7.00
Chicken & Mango Salad	\$4.00 or \$8.00
Chopped Salad	\$4.00 or \$8.00

ADD ON

Grilled Chicken Breast	\$3.00
Honey Mustard Dressing	\$1.00

FRUITS & DESSERTS

Fresh Mixed Fruits	\$3.50
Grapes, Sliced Apple or Orange	\$2.00
Chocolate Chip or Oatmeal Cookie	\$1.00
Chocolate Brownie	\$1.50
Blueberry or Chocolate Muffin	\$1.50
Strawberry or Peach Yogurt	\$2.50

DRINKS

Just Water	\$2.00
Tropicana Orange Juice	\$2.00
Juicy juice (Assorted Variety)	\$1.50
La Croix (Assorted Variety)	\$1.50
Rauch Ice Tea	\$2.50

SCHOOL LUNCH JUST
GOT SMARTER



MARCH 2021 HOT LUNCH MENU

MONDAY 1

Mild Jerk Chicken

Served with a brown & white rice blend and steamed veg.

Turkey Chili Nachos

Served with cheese and corn salsa.

Chunky Vegetable Soup

TUESDAY 2

Chicken Tikka Masala

Served with a brown & white rice blend and steamed veg.

Beef Lasagna

Served with garlic bread.

Chicken Soup

WEDNESDAY 3

Chicken Quesadilla

Served with low-fat sour cream, salsa and corn salad.

Meatballs Marinara

Served with bowtie pasta and garlic bread.

Red Bean & Beef Soup

THURSDAY 4

West Indian Chicken Curry

Served with a brown & white rice blend and steamed veg.

Baked Mac & Cheese

Served with veggie sticks.

Chicken Noodle Soup

FRIDAY 5

Coconut Crusted Chicken

Served with a mashed potatoes and steamed veg.

Mahi Mahi Rundown

Served with a brown & white rice blend and cassava.

Pumpkin Soup

MONDAY 8

Sweet & Sour Chicken

Served with fried rice.

Cayman Style Beef

Served with a brown & white rice blend and steamed veg.

Chunky Vegetable Soup

TUESDAY 9

Chicken Tender & Fries

Served with veggie sticks.

Spaghetti Marinara

Served with garlic bread.

Chicken Soup

WEDNESDAY 10

Gino's Cheese Pizza Slice

1/8 of a 18" pie with low-fat cheese. Served with veggie sticks.

Turkey Pepperoni Pizza Slice

1/8 of a 18" pie with low-fat cheese. Served with veggie sticks.

Red Bean & Beef Soup

THURSDAY 11

Chicken Penne Alfredo

Served with veggie sticks.

Cottage Pie

Minced beef slow-cooked with thyme, covered with creamy, cheesy mashed potato.

Chicken Noodle Soup

FRIDAY 12

Beef Sliders & Fries

Served with fries and veggie sticks.

Fish & Chips

Served with veggie sticks.

Pumpkin Soup

MONDAY 15

Crispy Chicken Sliders

Served with potato wedges and veggie sticks.

Pepper Steak

Served with a brown & white rice blend and steamed veg.

Chunky vegetable Soup

TUESDAY 16

Beef Tacos

Served with low fat sour cream and corn salsa

Spaghetti Marinara

Served with garlic bread.

Chicken Soup

WEDNESDAY 17

Chicken Quesadilla

Served with low-fat sour cream, salsa and corn salad.

Meatballs Marinara

Served with bowtie pasta and garlic bread.

Red Bean & Beef Soup

THURSDAY 18

Fried Chicken Wings

Served with sweet potato fries.

Spaghetti Bolognese

A rich, slow-cooked bolognese sauce with minced beef served over spaghetti.

Chicken Noodle Soup

MONDAY 22

Mild Jerk Chicken

Served with a brown & white rice blend and steamed veg.

Turkey Chili Nachos

Served with cheese and corn salsa.

Chunky Vegetable Soup

TUESDAY 23

Chicken Tikka Masala

Served with a brown & white rice blend and steamed veg.

Beef Lasagna

Served with garlic bread.

Chicken Soup

WEDNESDAY 24

Gino's Cheese Pizza Slice

1/8 of a 18" pie with low-fat cheese. Served with veggie sticks.

Turkey Pepperoni Pizza Slice

1/8 of a 18" pie with low-fat cheese. Served with veggie sticks.

Red Bean & Beef Soup

THURSDAY 25

West Indian Chicken Curry

Served with a brown & white rice blend and steamed veg.

Baked Mac & Cheese

Served with veggie sticks.

Chicken Noodle Soup

FRIDAY 26

Turkey Dog & Fries

Served with veggie sticks.

Fish Fingers & Fries

Served with veggie sticks.

Pumpkin Soup

MONDAY 29

Sweet & Sour Chicken

Served with fried rice.

Cayman Style Beef

Served with a brown & white rice blend and steamed veg.

Chunky Vegetable Soup

TUESDAY 30

Chicken Tender & Fries

Served with veggie sticks.

Spaghetti Marinara

Served with garlic bread.

Chicken Soup

WEDNESDAY 31

Chicken Quesadilla

Served with low-fat sour cream, salsa and corn salad.

Meatballs Marinara

Served with bowtie pasta and garlic bread.

Red Bean & Beef Soup



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