

## CAYMAN INTERNATIONAL SCHOOL APRIL 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

 Vegan Wrap of the Week\*
 \$6.00

# SANDWICHES

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

### **SNACKS & SIDES**

Chips & Goldfish
Popcorn (Assorted Variety)

## **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**

\$1.50

\$2.50

| 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

## **APRIL 2021 HOT LUNCH MENU**

### **THURSDAY 1**

### **MONDAY 12**

### **TUESDAY 13**

### **WEDNESDAY 14**

## West Indian Chicken Curry

Served with a brown & white rice blend and

## Baked Mac & Cheese

Served with veggie sticks.

### Vegan Coconut Curry\*

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

Chicken Noodle Soup

## Served with fried rice.

Sweet & Sour Chicken

### Beef Lasagna

Served with garlic bread.

#### Sweet & Sour Tofu\*

Served with fried rice.

Chunky Vegetable Soup

## Chicken Tender & Fries

Served with veggie sticks.

## Spaghetti Marinara

Served with garlic bread.

### Plant Based Vegan Tenders\*

Served with fries & veggie sticks.

Chicken Soup

Election Day No Hot Lunch

### **THURSDAY 15**

#### FRIDAY 16

Half Day

No Hot Lunch

## **MONDAY 19**

### **TUESDAY 20**

#### Chicken Penne Alfredo

Served with veggie sticks.

#### Cottage Pie

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

#### Vegan Penne Alfredo\*

With roasted broccoli.

Chicken Noodle Soup

### Crispy Chicken Sliders

Served with potato wedges and veggie sticks.

#### Pepper Steak

Served with a brown & white rice blend and

## Vegan Pepper "Steak"\*

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

Chunky vegetable Soup

#### Beef Tacos

Served with low fat sour cream and corn salsa

#### Spaghetti Marinara

Served with garlic bread.

## Vegan Black Bean & Sweet

Potato Tacos\*

Served with vegan cheese and corn salsa.

Chicken Soup

### **WEDNESDAY 21**

## **THURSDAY 22**

## FRIDAY 23

### **MONDAY 26**

#### Chicken Ouesadilla

Served with low-fat sour cream, salsa and corn

### Meatballs Marinara

Served with bowtie pasta and garlic bread.

### Vegan Chickpea

### Quesadilla\*

With salsa & roasted corn salad.

Red Bean & Beef Soup

## Fried Chicken Wings Served with sweet potato fries.

Spaghetti Bolognese A rich, slow-cooked bolognese sauce with

### minced beef served over spaghetti. Vegan Lentil Bolognese\*

With spaghetti pasta.

Chicken Noodle Soup

#### Coconut Crusted Chicken

Served with mashed potatoes and steamed

### Mahi Mahi Rundown

Served with a brown & white rice blend and

#### Vegan Pot Pie\*

Served with veggie sticks.

Pumpkin Soup

### Mild Jerk Chicken

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

### Turkey Chili Nachos

Served with cheese and corn salsa.

### Vegan Mild Jerk Cauliflower\*

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

Chunky Vegetable Soup

### **TUESDAY 27**

## **WEDNESDAY 28**

## **THURSDAY 29**

### FRIDAY 30

#### West Indian Chicken Curry

Served with a brown & white rice blend and

#### Cayman Style Beef

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

### Vegan Red Lentil Lasagna\* Served with garlic bread.

Chicken Soup

### 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.

## Spaahetti Marinara\*

Served with garlic bread.

Red Bean & Beef Soup

## West Indian Chicken Curry

Served with a brown & white rice blend and steamed vea

### Baked Mac & Cheese

Served with veggie sticks.

#### Vegan Baked Mac &

Cheese\*

Served with veggie sticks.

Chicken Noodle Soup

# Turkey Dog & Fries

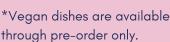
Served with veggie sticks.

Fish Fingers & Fries Served with veggie sticks.

### Vegan Hot Dog Bap\*

Served with fries and veggie sticks.

Pumpkin Soup







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