



## CAYMAN INTERNATIONAL SCHOOL DECEMBER 2021 MENU

- For **Early Childhood and Elementary Students**, parents can pre-order their lunches online and lunch will be served during the child’s lunch break. Early Childhood lunches will be delivered to the child’s classroom and teachers will monitor them. Elementary students will eat inside the ARC. To pre-order simply choose the items from our extensive menu no later than 10 pm the previous day. You can pre-order for the day, week or the entire month if you wish to.
- **Middle and High School Students** are able to have lunch at the new CIS High School cafeteria. There is no need to pre-order lunch and students can browse our cafeteria and pay with their own virtual wallet. Parents will be notified by email instantly with each purchase.

### ONLINE ORDERING & WALLET TOP-UP

- Go to [yumcayman.ky](http://yumcayman.ky)
- If you previously had an account with us, you can sign in with the same credentials. Previous credits have already been transferred.
- Or, set up a new account by entering your email, password and contact phone number.
- On the top right menu bar you can set up a profile for each child.
- Once the profile has been set up you can place your orders on the days you’d like.

### WRAPS

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Mild Jerk Chicken	<b>\$3.50 or \$6.00</b>
Crispy Chicken	<b>\$3.50 or \$6.00</b>
Chicken Caesar	<b>\$3.50 or \$6.00</b>
Ham & Cheese	<b>\$3.50 or \$6.00</b>
Vegan Wrap of the Week*	<b>\$6.50</b>

### SANDWICHES

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BLT Sandwich	<b>\$7.00</b>
Grilled Chicken Bap	<b>\$7.00</b>
Grilled Cheese Sandwich	<b>\$3.50</b>

### SNACKS & SIDES

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Chips & Goldfish	<b>\$1.50</b>
Popcorn (Assorted Variety)	<b>\$2.00</b>

### DRINKS

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

### SALADS

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Caesar Salad	<b>\$3.50 or \$7.00</b>
Chicken & Mango Salad	<b>\$4.00 or \$8.00</b>
Chopped Salad	<b>\$4.00 or \$8.00</b>

### ADD ON

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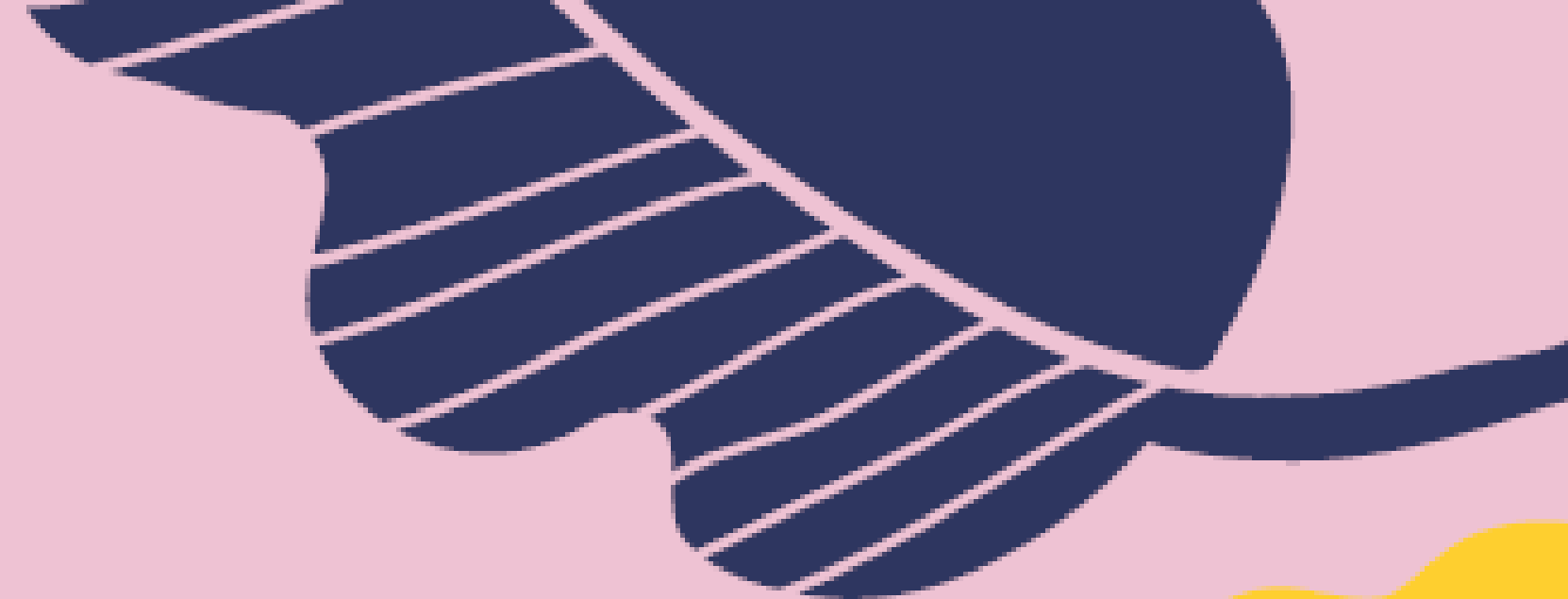
Grilled Chicken Breast	<b>\$3.00</b>
Honey Mustard Dressing	<b>\$1.00</b>

### FRUITS & DESSERTS

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

**SCHOOL LUNCH JUST  
GOT SMARTER**





DECEMBER 2021  
HOT LUNCH MENU



MONDAY 29

**Sweet & Sour Chicken**  
Served with Asian fried rice blend and steamed veg.

**Teriyaki Salmon**  
Served with Asian fried rice blend and steamed veg.

**Sweet & Sour Tofu\***  
Served with Asian fried rice blend and steamed veg.

**Taco Soup**

MONDAY 6

**Mild Jerk Chicken**  
Served with a brown & white rice blend and steamed veg.

**Cayman Style Snapper**  
Served with a brown & white rice blend and steamed veg.

**Quinoa Potato Puffs\***  
Served with a mild sriracha dip.

**Taco Soup**

MONDAY 13

**Brown Stew Chicken**  
Served with a brown & white rice blend and steamed veg.

**Cayman Style Beef**  
Served with a brown & white rice blend and steamed veg.

**Vegan Lentil Stew\***  
Served with a brown & white rice blend and steamed veg.

**Taco Soup**

TUESDAY 30

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

**Red bean & Dumpling Soup**

TUESDAY 7

**Chicken Tikka Masala**  
Served with rice and steamed veg

**Baked Mac & Cheese**  
Served with veggie sticks

**Seared Chickpea Cakes\***  
Served with roasted red pepper sauce

**Red Bean & Dumpling Soup**

TUESDAY 14

**Beef Lasagna**  
Served with garlic bread

**Chicken Penne Alfredo**  
Served with steamed veg

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

**Red Bean & Dumpling Soup**

WEDNESDAY 1

**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.

**Spaghetti Marinara\***  
Served with garlic bread.

**Chicken Noodle Soup**

WEDNESDAY 8

**BBQ Chicken**  
Served with rice and steamed veg.

**Beef Vindaloo**  
Served with rice and steamed veg.

**Vegetable Vindaloo\***  
Served with rice and steamed veg.

**Chicken Noodle Soup**

WEDNESDAY 15

**Roast Turkey & Gravy**  
Served with Mashed Potatoes, Roasted Vegetables and Cranberry Sauce

**Cayman Style Beef**  
Served with Mashed Potatoes and Roasted Vegetables

**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.

**Butternut Squash Soup**

THURSDAY 2

**Spaghetti Bolognese**  
Served with garlic bread.

**Rotisserie Chicken**  
Served with mashed potatoes and steamed veg

**Vegan Penne Alfredo\***  
Served with vegan cheese and Tempeh bacon.

**Red Bean & Dumpling Soup**

THURSDAY 9

**Chicken Parmesan**  
Served with mashed potatoes and steamed veg

**Roast Beef**  
Served with mashed potatoes and steamed veg

**Vegan Baked Mac & Cheese\***

**Chunky Vegetable Soup**

THURSDAY 16

**Beef Tacos**  
Served with low fat sour cream and corn salsa

**Chicken Quesadillas**  
Served with low fat sour cream and corn salsa

**Vegan Black Bean & Sweet Potato Tacos\***  
Served with vegan cheese and corn salsa

**Chunky Vegetable Soup**

FRIDAY 3

**Beef Sliders & Fries**  
Served with veggie sticks.

**Fish & Chips**  
Served with veggie sticks.

**Vegan Plant Based Sliders\***  
Served with fries and veggie sticks.

**Pumpkin Soup**

FRIDAY 10

**Turkey Dog & Fries**  
Served with veggie sticks.

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

**Vegan Plant Based Nuggets\***  
Served with fries and veggie sticks.

**Pumpkin Soup**

FRIDAY 17

**Fish Fingers**  
Served with potato wedges & veggie sticks

**Crispy Chicken Sliders**  
Served with potato wedges & veggie sticks

**Chickpea Falafel\***  
With potato wedges & veggie sticks.

**Pumpkin Soup**

\*Vegan dishes are available through pre-order only.