



**CAYMAN PREP SCHOOL  
JANUARY 2022 MENU**

**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>

**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>\$1.50</b>

**DRINKS**

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Just Water	<b>\$2.00</b>
Open Water Still/Sparkling	<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>\$1.75</b>
Blueberry or Chocolate Muffin	<b>\$1.75</b>
Strawberry or Peach Yogurt	<b>\$2.50</b>

**SCHOOL LUNCH JUST  
GOT SMARTER**



# JANUARY 2022 HOT LUNCH MENU



## MONDAY 3

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Public Holiday

## TUESDAY 4

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**Cayman Style Beef**  
Served with rice & beans and steamed veg.  
**Chicken Tikka Masala**  
Served with a white and brown rice blend and veg of the day.  
**Chicken Noodle Soup**

## WEDNESDAY 5

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**Baked Mac & Cheese**  
Served with veg of the day.  
**Grilled Chicken Breast**  
Served with mashed potatoes and steamed veg.  
**Tomato Soup**

## THURSDAY 6

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**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 Soup**

## FRIDAY 7

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**Chicken Tenders**  
Served with fries and veggie sticks.  
**Teriyaki Salmon**  
Served with a white and brown rice blend and veg of the day.  
**Pumpkin Soup**

## MONDAY 10

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**Spaghetti Bolognese**  
Served with garlic bread  
**Sweet & Sour Chicken**  
Served with vegetable fried rice.  
**Chunky Vegetable Soup**

## TUESDAY 11

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**Chicken Quesadilla**  
Served with low fat sour cream and corn salsa.  
**Meatballs Marinara**  
Served over pasta with garlic bread.  
**Chicken Noodle Soup**

## WEDNESDAY 12

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**Chicken & Broccoli Penne Alfredo**  
  
**Beef Burritos**  
Served with salsa.  
**Tomato Soup**

## THURSDAY 13

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**Beef Stew**  
Served with a white and brown rice blend and veg of the day.  
**West Indian Chicken Curry**  
Served with white rice and steamed veg.  
**Chicken Soup**

## FRIDAY 14

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**Turkey Hot Dog**  
Served with fries and veggie sticks.  
**Fish & Chips**  
Served with tartar sauce.  
**Pumpkin Soup**

## MONDAY 17

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**Beef Lasagna**  
Served with garlic bread  
**Mild Jerk Chicken**  
Served with rice & Beans and steamed veg.  
**Chunky Vegetable Soup**

## TUESDAY 18

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**Chicken Sliders**  
Served with fries.  
**Cayman Style Beef**  
Served with rice & beans and steamed veg.  
**Chicken Noodle Soup**

## WEDNESDAY 19

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**Roast Beef**  
Served with mashed potatoes and steamed veg  
**Baked Mac & Cheese**  
Served with veg of the day.  
**Tomato Soup**

## THURSDAY 20

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**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 Soup**

## FRIDAY 21

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**Beef Sliders**  
Served with fries & veggie sticks  
**Sweet Chili Chicken**  
Served with Jasmine rice and steamed veg.  
**Pumpkin Soup**

## MONDAY 24

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Public Holiday

## TUESDAY 25

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**Meatballs Marinara**  
Served over pasta with garlic bread.  
**Fried Chicken**  
Served with fries and veggie sticks.  
**Chicken Noodle Soup**

## WEDNESDAY 26

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**BBQ Chicken**  
Chicken Leg Quarters served with mac & cheese and corn.  
**Cottage Pie**  
Served with steamed veg.  
**Tomato Soup**

## THURSDAY 27

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**Turkey Chili Nachos**  
Served with cheese sauce and corn salsa.  
**Yakisoba Noodles**  
  
**Chicken Soup**

## FRIDAY 28

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**Turkey Hot Dog**  
Served with fries and veggie sticks.  
**Mild Jerk Chicken**  
Served with rice & Beans and steamed veg.  
**Pumpkin Soup**

## VEGAN MEALS

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Available Daily through Pre-Order only.

Vegan Curry  
Vegan Red Lentil Lasagna  
Vegan Burrito

## BIRTHDAY CAKES

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Check our website to pre-order your Birthday Cakes, Cupcakes and Cookies.  
[yumcayman.ky](http://yumcayman.ky)