

yum

Your school lunch

CAYMAN INTERNATIONAL SCHOOL
MAY 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	\$1.50
Popcorn (Assorted Variety)	\$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

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

SCHOOL LUNCH JUST
GOT SMARTER



MAY 2021 HOT LUNCH MENU

MONDAY 3

Sweet & Sour Chicken
Served with fried rice.
Beef Lasagna
Served with garlic bread.
Sweet & Sour Tofu*
Served with fried rice.
Chunky Vegetable Soup

TUESDAY 4

Chicken Tender & Fries
Served with veggie sticks.
Spaghetti Marinara
Served with garlic bread.
Plant Based Vegan Tenders*
Served with fries & veggie sticks.
Chicken Soup

WEDNESDAY 5

Crispy Chicken Sliders
Served with potato wedges and veggie sticks.
Pepper Steak
Served with a brown & white rice blend and steamed veg.
Vegan Pepper "Steak"*
Served with mushrooms, a brown & white rice blend and steamed veg.
Chunky vegetable Soup

THURSDAY 6

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

FRIDAY 7

Beef Sliders & Fries
Served with veggie sticks.
Fish & Chips
Served with veggie sticks.
Vegan Bap Sliders*
With fries & veggie sticks.
Pumpkin Soup

MONDAY 10

Rotisserie Chicken
Served with mashed potatoes & steamed veg.
Beef Quesadilla
with low-fat sour cream, salsa and corn salad.
Vegan Plant based Nachos*
With salsa, Corn salad, Dairy free Sour cream
Chunky vegetable Soup

TUESDAY 11

Chicken Fricassée
Served with cheesy mash and sauteed French green beans.
Beef Stew
Served with cheesy mash and sauteed French green beans.
Vegan Bean Stew
Served with mash & sautéed French green beans
Chicken Soup

WEDNESDAY 12

Chicken Quesadilla
Served with low-fat sour cream, salsa and corn salad.
Meatballs Marinara
Served with bowtie pasta and garlic bread.
Vegan Chickpea Quesadilla*
With salsa & roasted corn salad.
Red Bean & Beef Soup

THURSDAY 13

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

FRIDAY 14

No School

TUESDAY 18

West Indian Chicken Curry
Served with a brown & white rice blend and steamed veg.
Cayman Style Beef
Served with a brown & white rice blend and steamed veg.
Vegan Red Lentil Lasagna*
Served with garlic bread.
Chicken Soup

WEDNESDAY 19

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.
Red Bean & Beef Soup

THURSDAY 20

Chicken Tikka Masala
Served with a brown & white rice blend and steamed veg.
Baked Mac & Cheese
Served with veggie sticks.
Vegan Baked Mac & Cheese*
Served with veggie sticks.
Chicken Noodle Soup

FRIDAY 21

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

MONDAY 24

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 veg.
Chunky Vegetable Soup

TUESDAY 25

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 26

Brown Stew Chicken
Served with a brown & white rice blend and steamed veg.
Meatloaf with Gravy
Served with a brown & white rice blend and steamed veg.
Hearty Lentil Stew*
Served with a brown & white rice blend and steamed veg.
Red Bean & Beef Soup

THURSDAY 27

Chicken Parmesan
Served with a brown & white rice blend and steamed veg.
Italian Pulled Beef Ragù
Served with a brown & white rice blend and steamed veg.
Breaded Tofu Marinara Bites
Served with a brown & white rice blend and steamed veg.
Chicken Noodle Soup

FRIDAY 28

Swedish Meatballs
Served with mashed potatoes and steamed carrots.
Teriyaki Salmon
Served with a brown & white rice blend and steamed veg.
Baked General Tso Cauliflower
Served with a brown & white rice blend and steamed veg.
Pumpkin Soup

MONDAY 31

Roast Beef
Served with mashed potatoes & steamed veg.
Baked Turkey
Served with gravy, mashed potatoes & steamed veg.
Vegan Chickpea Meatloaf*
Served with mashed potatoes & steamed veg
Chunky Vegetable Soup

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*Vegan dishes are available through pre-order only.

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