



ALLERGIES - Please inform us of any allergies your child may have.

SCHOOL LUNCH MENU DESCRIPTION - March 2009

1. **BBQ Pork with Rice and Beans and Broccoli** - Oven roasted pork basted with our home made bbq sauce, steamed broccoli florets and traditional Cayman style rice and beans.
2. **Baked Chicken Drumsticks, Rice and Beans and Broccoli**: Oven baked chicken drumsticks served with traditional Cayman style rice & beans and steamed broccoli florets.
3. **Vegetable Soup**: Our homemade vegetable soup served with a soft bun.
4. **Chicken and Vegetable Stir Fry with Rice** - wok-tossed boneless chicken with mild Asian spices and crisp stir fry vegetables usually including bok choy, julienne carrots, broccoli, cauliflower and snow peas. Served with steamed white rice. Vegetarian option available upon request.
5. **Cottage Pie Served with Corn**: Seasoned ground beef, carrots, peas and corn sautéed with potato piped on top, then baked.
6. **Ham and Cheese Sandwich** - Whole wheat bread, sliced deli ham and Swiss cheese with plaintain chips.
7. **Tex Mex Taco Salad**: Iceberg and romaine lettuce topped with taco seasoned ground beef, tomatoes, cucumber, corn, cheese and tortilla chips.
8. **Ginos Cheese Pizza with Carrot Sticks** - Gino's Famous New York Style pizza made from scratch with fresh tomato basil sauce and special mozzarella blend. Served with carrot sticks
9. **Ginos Chicken Pizza**: Same as Ginos Cheese Pizza but with added Grilled Chicken and served with carrot sticks.
10. **Ginos Hawaiian Pizza**: Same as Ginos Cheese Pizza but with added ham and pineapple. Served with carrot sticks.
11. **Chicken Caesar Salad** - Romaine lettuce with sliced chicken breast, zesty Caesar dressing and topped with shredded parmesan. Vegetarian option available.
12. **Baked Chicken Breast with Mashed Potatoes and Broccoli**: Oven baked seasoned chicken breast served with our homemade mashed potatoes and broccoli florets.
13. **Roast Beef with Mashed Potatoes and Broccoli**: Slow oven roasted thinly sliced beef served with our homemade mashed potatoes and broccoli florets.
14. **Home Made Chicken Noodle Soup** - Noodles, boneless chicken and mixed vegetables served with a soft bun on the side
15. **Chicken Tenders with Mash Potatoes and Mixed Vegetables** - Deep Fried boneless all-white meat chicken tenders with creamy mashed potatoes (potatoes mixed with milk, butter, salt & pepper), honey mustard and seasonal vegetables
16. **Fish Fingers with Mash Potatoes and Mixed Vegetables**: Deep fried fish fingers served with homemade mash potatoes (potatoes mixed with milk, butter, salt & pepper) and served with seasonal vegetables.
17. **Cobb Salad with Ranch Dressing**: Iceberg and romaine lettuces topped with diced bacon, turkey, ham, tomatoes and cucumber served with side ranch dressing.
18. **Turkey and Swiss Cheese Sandwich**: Whole wheat bread with Roasted Turkey Breast, Swiss cheese, mayonnaise served with carrot stix.
19. **Home Made Lasagna with Side of Corn** - Layers of pasta with seasoned ground beef, ricotta, cheddar and mozzarella cheeses and fresh tomato basil sauce. Served with sweet corn on the side.
20. **Baked Potato filled with Cheese and Vegetarian Baked Beans** - Oven baked potato stuffed with our cheddar blend and vegetarian baked beans
21. **Beef and Vegetable Soup**: Beef and Vegetables slowly cooked in our homemade beef stock seasoned with herbs and salt and pepper served with a soft bun.
22. **Turkey Club Sandwich**: Double sandwich made of whole wheat bread, mayo, bacon, turkey, lettuce, tomato and Swiss cheese.

23. Home Made Beef Stew - Sirloin tips simmered with potatoes, carrots and onion in a rich flavorful broth. Served with a whole wheat bun
24. Home Made Chicken Curry with White Rice and Mixed Veggies - Traditional Jamaican style coconut based recipe, mildly spiced and served with white rice and mixed vegetables
25. BBQ Chicken and Vegetable Stew with White Rice - Our own hearty recipe of simmered boneless chicken and chopped vegetables complete with steamed rice
26. Beef Chili, Vegetables and Rice - Our southwestern classic made with fresh ground beef and kidney beans simmered in a zesty tomato broth. Served with vegetable of the day and steamed white rice
27. Chicken and Vegetable Noodle Soup with Breadstick - Made fresh Caribbean style soup with fresh baked breadstick
28. Baked Chicken burger served with Potato Wedges and Veg - Burger bun, oven-baked chicken breast, cheese and tomato served with oven-baked potato wedges and seasonal vegetable.
29. Spaghetti with Tomato Sauce and Veg: Spaghetti served with our home made tomato sauce made of fresh tomatoes, garlic, herbs and salt and pepper. Finished with a side order of seasonal vegetable
30. Roast Turkey, Gravy, Mashed Potatoes and Mixed Veg - Carved oven roasted turkey breast with our own gravy, mashed potatoes and seasonal vegetable medley (usually carrots, broccoli and cauliflower)
31. Baked Mahi Mahi - Fresh Mahi Mahi filet mashed potatoes and seasonal vegetable medley (usually carrots, broccoli and cauliflower)
32. Shrimp Fajita Salad - Iceberg and romaine lettuces topped with grilled shrimps, chunky tomato, sweet corn, shredded cheese, tortilla chips and buttermilk ranch dressing on the side.
33. Creamy Tomato Soup: Pureed tomatoes, cream, herbs, garlic and salt and pepper served with a soft bun
34. Fresh Baked Cookie - made each morning. Variety of chocolate and oatmeal/raisin cookies.
35. Jello - our own recipe using fruit juices and gelatin. Flavours vary