



Instructions: 1. Highlight or circle one Main item per day that you wish to order
 2. Meal Plans available are Flex Plan: \$5 per day. Complete: \$ 63.00 for March @ \$4.50 per day.

3. Return completed form by February 25th with your child's name and correct payment (cheques payable to **Mise en Place**)
 Credit card payments accepted. Please call 925-9182 for details.

"(v)" - item that is or can be made vegetarian

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Week Total | Suggestions |
|----------------------------|--|-----------|--|-----------|---|-----------|---|-------------|---|------------|-------------|
| 3-Mar | | 4-Mar | | 5-Mar | | 6-Mar | | 7-Mar | | | |
| Main 1 | Meat lasagna served with sweet corn | Main 1 | Bbq Pork served with Rice & Beans and Broccoli | Main 1 | Ginos Pizza served with carrots sticks (v) | Main 1 | Hearty Beef Stew served with dinner roll | Main 1 | Chicken tenders served with Mash Potatoes, veg and Bbg sauce | | |
| Main 2 | Jacket Potatos with cheese and baked beans (v) | Main 2 | Pasta Alfredo served with broccoli (v) | Main 2 | Ceasar salad served with grilled chicken (v) | Main 2 | Boneless chicken curry served with rice and vegetable | Main 2 | Baked Fish & Chips served with veg and tartar sauce on the side | | |
| Main 3 | Caribbean Salad(v) | Main 3 | Minestrone Soup Served with grilled chz sandwich(v) | | | Main 3 | Shrimp Fajita Salad (v) | Main 3 | Tuna salad sandwich served with plantain chips | | |
| Dessert | Choccolate Brownie | Dessert | Jello | Dessert | Fresh Fruit | Dessert | Ice Cream | Dessert | Chef's selection | Week Total | |
| 10-Mar | | 11-Mar | | 12-Mar | | 13-Mar | | 14-Mar | | Week Total | |
| Main 1 | Penne Bolognese served with sweet corn | Main 1 | Chicken Stir Fry served with rice (v) | Main 1 | Kidde Pasta Carbonara served with peas | Main 1 | Hot dog served with baked potato tots and veg | Main 1 | Roast Turkey served with gravy Mash Potatoes and veg | | |
| Main 2 | Cheese ravioli served with Marinara Sauce and sweet corn (v) | Main 2 | Honey Glazed Boneless Porkchop served w/ rice and steamd veg | Main 2 | Shrimp and Chz Quesadillas served with peas and salsa (v) | Main 2 | Chicken noodle soup served with grilled chz sandwich | Main 2 | Mahi Mahi served with Mash Potatoes and veg | | |
| Main 3 | Turkey and Ham Club Wrap | Main 3 | Tuna salad served on top of our garden salad | Main 3 | Turkey sandwich served with plantain chips | Main 3 | B.L.T Sandwich | Main 3 | Chicken bowtie pasta salad (v) | | |
| Dessert | Choccolate Brownie | Dessert | Jello | Dessert | Fresh Fruit | Dessert | Ice Cream | Dessert | Chef's selection | Week Total | |
| 17-Mar | | 18-Mar | | 19-Mar | | 20-Mar | | 21-Mar | | Week Total | |
| Main 1 | Meat lasagna served with sweet corn | Main 1 | Bbq Pork served with Rice & Beans and Broccoli | Main 1 | Ginos Pizza served with carrots sticks (v) | | | | | | |
| Main 2 | Jacket Potatos with cheese and baked beans (v) | Main 2 | Pasta Alfredo served with broccoli (v) | Main 2 | Ceasar salad served with grilled chicken (v) | NO SCHOOL | | NO SCHOOL | | | |
| Main 3 | Caribbean Salad(v) | Main 3 | Minestrone Soup Served with grilled chz sandwich(v) | | | NO SCHOOL | | GOOD FRIDAY | | | |
| Dessert | Choccolate Brownie | Dessert | Jello | Dessert | Fresh Fruit | | | | | Week Total | |
| 24-Mar | | 25-Mar | | 26-Mar | | 27-Mar | | 28-Mar | | Week Total | |
| NO SCHOOL EASTER MONDAY | | NO SCHOOL | | NO SCHOOL | | NO SCHOOL | | NO SCHOOL | | | Month Total |
| 31-Mar | | | | | | | | | | | |
| Main 1 | Meat lasagna served with sweet corn | | | | | | | | | | |
| Main 2 | Jacket Potatos with cheese and baked beans (v) | | | | | | | | | | |
| Main 3 | Caribbean Salad(v) | | | | | | | | | | |
| Dessert | Choccolate Brownie | | | | | | | | | | |

Cayman Prep lunch menu for March

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|-------------------------|--------|
| Student's name: | |
| Class: | |
| Parent Name/Number: | |
| Parent Em Parent Email: | |
| Credit Card On File: | Yes No |
| Paid for term | Yes No |