

THE INTERNATIONAL SCHOOL OF PORT OF SPAIN
SCHOOL MEAL MENU - PREPARED BY GCG CATERING

Week 1	Monday 02 May	Tuesday 03 May	Wednesday 04 May	Thursday 05 May	Friday 06 May
PROTEIN	Eid-ul-Fitr (Public Holiday)	Oven Baked Breast OR Pan-Fried Fish	Beef Lasagne	Chicken Parmesan OR Tuscan Baked Fish	Burrito Day
STARCH		Basmati Rice	Cheesy Garlic Bread	Sautéed Penne Pasta	Mexican Chicken OR Fish Strips
PEAS/ VEGGIE	Eid-ul-Fitr (Public Holiday)	Sautéed Vegetables, Lentil Peas	Green Salad	Fresh Salad	White Rice Flour Tortilla
VEGAN		Roast Lentil Loaf	Vegetable Lasagne	Grilled Tofu	
SOUP	Eid-ul-Fitr (Public Holiday)				Pumpkin Bisque
Week 2	Monday 09 May	Tuesday 10 May	Wednesday 11 May	Thursday 12 May	Friday 13 May
PROTEIN	Creamy Chicken Mushrooms OR Stew Fish Cubes	Honey Garlic Chicken OR Fish Steaks	Beef Meatballs OR Grilled Fish in Marinara Sauce	Curry Chicken OR Fish	Buffalo Chicken Wings OR Buffalo Fish Fingers
STARCH	Roasted Garlic Mash	Mac & Cheese	Penne in Pesto	Buss-up-Shut	Steak Fries
PEAS/ VEGGIE	Mediterranean Salad	Garlic Toast	Fresh Apple	Dasheen Bush, Potato & Channa	Fresh Fruit Chow
VEGAN	Grilled Tofu Kebab	Lentils Loaf	Soya Meatball	Curry Tofu	Boiled Corn
SOUP			Chicken Noodle Soup		Potato Soup with Toasted Bread Crumbs
Week 3	Monday 16 May	Tuesday 17 May	Wednesday 18 May	Thursday 19 May	Friday 20 May
PROTEIN	Chicken Kebab OR Fish Kebab	Chicken Tenders OR Baked Fish	Beef Meatballs OR Fish Fingers	Stir Fried Beef OR Sweet & Sour Chicken	Hot Dogs
STARCH	Loaded Potato Skins	Sweet Potato Mash	Herb Spaghetti	Egg Noodles	French Fries
PEAS/ VEGGIE	Crispy Glazed Carrots	Red Beans Stew	Marinara Sauce	Vegetable Spring Rolls	Condiments, Relish, Sautéed Onion, 4 Cheese
VEGAN	Mixed Greens	Soya Cakes	Soya Meatballs	Sweet & Sour Tofu	Soya Jamaican Patties
SOUP					Vegetable Soup
Week 4	Monday 23 May	Tuesday 24 May	Wednesday 25 May	Thursday 26 May	Friday 27 May
PROTEIN	BBQ Chicken OR BBQ Fish	Seasoned Chicken OR Cubed Fish	Grilled Chicken Breast OR Grilled Fish	Curry Chicken OR Curry Shrimp	Teriyaki Chicken Tenders OR Teriyaki Fish
STARCH	Potato Pie	Fried Rice	Penne Pasta in Pesto	Jasmine Rice	Spinach Rice
PEAS/ VEGGIE	Steamed Vegetables	Sweet Corn on the Cob	Vegetable Medley	Pumpkin Choka, Dhal	Red Beans Chili
VEGAN	BBQ Baked Beans	Quinoa Cakes	Baked Beans	Curry Tofu	
SOUP					Chicken Vegetable Soup

Meal Prices

Small TTD \$26.00
Large TTD \$35.00

If you have a special diet or have any allergic reactions to certain foods please advise our caterers at your earliest convenience so that they may prepare a menu that fits your needs.