

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

<b>Week 1</b>	<b>Monday 30 May</b>	<b>Tuesday 31 May</b>	<b>Wednesday 01 June</b>	<b>Thursday 02 June</b>	<b>Friday 03 June</b>
PROTEIN	Indian Arrival Day (Public Holiday)	Brown Sugar Garlic Chicken OR Fried Fish	Guava BBQ Chicken OR Guava BBQ Fish	Chinese Chicken Tenders OR Asian Fish	Jerk Chicken OR Jerk Fish Skewers
STARCH		Mac & Cheese	Macaroni Pie	Asian Noodles Salad	Red Bean Rice
PEAS/VEGGIE	Indian Arrival Day (Public Holiday)	Coconut Corn on the Cob	Steamed Vegetables		Fried Plantain
VEGAN		Fresh Salad	Red Beans	Vegetable Spring Rolls	Honey Garlic Tofu
SOUP	Indian Arrival Day (Public Holiday)			Beef Ramen	
<b>Week 2</b>	<b>Monday 06 June</b>	<b>Tuesday 07 June</b>	<b>Wednesday 08 June</b>	<b>Thursday 09 June</b>	<b>Friday 10 June</b>
PROTEIN	Stewed Chicken OR Baked Fish Creole	Italian Chicken Strips OR Italian Baked Fish	Honey Glazed Chicken OR Oven Fried Fish	Korean Sticky Chicken OR Teriyaki Glazed Fish	Pizza Day (add chicken)
STARCH	Corn Pie	Linguini Pasta	Scallop Potato Pie	Vegetable Rice	Tomato & Mozzarella Pizza
PEAS/VEGGIE	Grilled Vegetables	Spinach Mixed Greens Salad	Steamed Broccoli	Chunky Vegetables	Mixed Green Salad
VEGAN	Stew Soya Chunks	Italian Vegetable Pita Pockets	Black Beans	Teriyaki Glazed Tofu	Tomato & Mozzarella Pizza
SOUP					Beef in Dumpling Soup
<b>Week 3</b>	<b>Monday 13 June</b>	<b>Tuesday 14 June</b>	<b>Wednesday 15 June</b>	<b>Thursday 16 June</b>	<b>Friday 17 June</b>
PROTEIN	Curry Chicken OR Curry Shrimp	Oven Baked Breast OR Pan-Fried Fish	Beef Lasagne	Corpus Christi (Public Holiday)	Burrito Day - Mexican Chicken OR Fish Strips
STARCH	Buss-up-Shut	Basmati Rice	Cheesy Garlic Bread		White Rice Flour Tortilla
PEAS/VEGGIE	Mangen Masala, Potato and Channa	Sauteed Vegetables, Lentil Peas	Green Salad	Corpus Christi (Public Holiday)	Tomato Salsa, Sweet Peppers & Charred Onions, Guacamole
VEGAN	Curry Tofu	Roast Lentil Loaf	Vegetable Lasagne		
SOUP				Corpus Christi (Public Holiday)	Pumpkin Bisque
<b>Week 4</b>	<b>Monday 20 June</b>	<b>Tuesday 21 June</b>	<b>Wednesday 22 June</b>	<b>Thursday 23 June</b>	<b>Friday 24 June</b>
PROTEIN	Labour Day (Public Holiday)	Honey Garlic Chicken OR Fish Steaks	Beef Meatballs OR Grilled Fish in Marinara Sauce	Curry Chicken OR Curry Fish	Buffalo Chicken Wings OR Buffalo Fish Fingers
STARCH		Mac & Cheese	Penne Pesto	Buss-up-Shut	Steak Fries
PEAS/VEGGIE	Labour Day (Public Holiday)	Garlic Toast	Fresh Apple	Dasheen Bush, Potato and Channa	Fresh Fruit Chow
VEGAN		Lentils Loaf	Soya Meatball	Curry Tofu	Boiled Corn
SOUP	Labour Day (Public Holiday)		Chicken Noodle Soup		Potato Soup with Toasted Bread Crumbs
<b>Week 5</b>	<b>Monday 27 June</b>	<b>Tuesday 28 June</b>	<b>Wednesday 29 June</b>	<b>Thursday 30 June</b>	
PROTEIN	Chicken Kebab OR Fish Kebab	Chicken Tenders OR Baked Fish	Beef Meatballs OR Fish Fingers	Hot Dogs	
STARCH	Loaded Potato Skins	Sweet Potato Mash	Herb Spaghetti	Condiments, Relish, Sauted Onions, & Cheese	
PEAS/VEGGIE	Crispy Glazed Carrots	Red Beans Stew	Marinara Sauce	French Fries	
VEGAN	Mixed Greens	Soya Cakes	Soya Meatballs	Soya Jamaican Patties	
SOUP				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.