



Lunch Menu

November 2024

MENUS ARE SUBJECT TO CHANGE

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Citrus & Herb Baked Chicken	Stewed Chicken	Home Style Fried Chicken	Chicken Alfredo	Chicken Pelau
Beef Bolognese	Stewed Ox Tail	Cajun Pork	Beef Meatballs	Pigtail Pelau
Citrus & Herb Baked Fish	Esovitich King Fish	Baked Pimento Fish	Breaded Baked Tofu	Fried Fish with Creole Sauce
Tossed Rice	Red Bean Rice Pilaf	Carrot Rice	Spaghetti Supreme	Pigeon Peas Pelau
Penne Pasta	Sauteed Cassava	Sheppard's Pie	Fettucine Pasta	Macaroni Salad
Italian Bean Stew	Callaloo	Stewed Pigeon Peas	Garlic Bread	Cole Slaw
Salad	Salad	Salad		
Mon 11	Tues 12	Wed 13	Thurs 14	Fri 15
Fried Wings & Fries	Curry Chicken	Grilled Garlic Chicken	Hoisin Chicken	Chicken Burger
Fry Bake n Shark	Curry Beef	Grilled Garlic Lamb Chops	Sweet Tai Chili Beef	Beef Burger
Fry Bake n Shrimp	Curry Fish	Grilled Garlic Fish Kebabs (Tuna)	Fish in Black Bean Sauce	Salmon Burger
Shark n Fries	Potato & Channa	Arabic Rice	Fried Rice	Toasted Mac n Cheese
Shrimp & Fries	Pumpkin, Mango	Parsley Potatoes	Noodles	Fries
Salad	Bodi, Dhal	Stewed Lentil Peas	Vegetable Chow	
	Rice	Salad		
	Buss up Shut			
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Jerk Chicken	Parmesan Baked Chicken	BBQ Chicken	Curry Stewed Chicken	Chicken Lasagna
Stewed Pork	Beef Chili	BBQ Pork Ribs	Curry Stewed Beef	Beef Lasagna
Jerk Fish	Parmesan Baked Fish	BBQ Fish	Stewed Fish	Veggie Lasagna
Saffron Rice Pilaf	Mushroom Rice	Mexican Rice	Bhagi Rice	Garlic Bread
Buttered Cassava	Mac n Cheese	Cheesy Baked Potatoes	Dumplings in Coconut Juice	Corn on the Cob
Salad	Stewed Red Beans	Cole Slaw	Plantains	Caesar Salad
	Salad		Salad	
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Tamarind Baked Chicken	Stewed Chicken	Chinese Fried Style Chicken	Honey Glazed Baked Chicken	BBQ Chicken Sub
Beef Meat Loaf	Jerk Pork	Char Siu Pork	Roasted Herb Turkey	Meat Ball Sub
Breaded Fish Fillet	Stewed Salt Fish	Sweet & Sour Fish (White)	Oven Crisp Fish	Tuna Sub
Spanish Rice	Ochro Rice	Fried Rice	Tumeric Rice with Cranberries	Veggie Sub
3 Bean Pasta	Potato Salad	Noodles	Potato Stuffing	Fries
Salad	Salad	Sauteed Vegetables in Oyster Sauce	Beets, Squash & Feta Salad	
			Salad	