

ISPS MENUS FOR THE PERIOD: OCTOBER 2026					
DATE	Mon 5	Tues 6	Wed 7	Thurs 8	Fri 9
PRICES - Elementary School Special \$30 - 1 Side + 1 Meat Small Meal - \$40 (Meat & 3 Sides) Large Meal - \$55 (Meat & 4 Sides) All Meals Include a Juice from the Dispenser	Live Pasta Day	Sunday Lunch	Soup, Sandwich & Salad Day	Trini Style Curry Day	Sushi Day
	Penne/Fettucine/ Large Twist	Stewed Chicken	Broccoli Cheese Soup with Grilled Cheese	Curry Chicken	Sushi Rice Bowls - Bang Bang Shrimp or Chicken Teriyaki
	Pesto/Marinara/ Alfredo Sauces	Stewed Pork	Trini Style Corn Soup	Curry Beef	
	Garlic and Olive Oil	Fried Fish in Tomato & Onion Sauce	Pigtail Corn Soup	Curry Fish	Sushi Rolls - Chicken, Shrimp & Veggie Rolls
	Chicken or Shrimp	White Rice	Ultimate Salad Bar	Potato & Channa	
	Corn	Macaroni Pie		Pumpkin, Bodi	
	Spinach/Bell Peppers	Callaloo		Mango, Dhal	ISPS Bento Box \$50 - 2pcs Sushi Roll, 6pcs Wontons (Chicken or Shrimp) & 1 Sushi Dessert Treat
Parmesan Cheese	Fresh Salad		Rice		
			Buss up Shut		
*Vegan options are available on request by pre-order to cafeteria@isps.edu.tt					
DATE	Mon 12	Tues 13	Wed 14	Thurs 15	Fri 16
PRICES - Elementary School Special \$30 - 1 Side + 1 Meat Small Meal - \$40 (Meat & 3 Sides) Large Meal - \$55 (Meat & 4 Sides) All Meals Include a Juice from the Dispenser	Lasagna Day	Taco/Mexican Day	BBQ Roast Day (Outdoor Grilling with Buffet Station)	Chinese Day	Fry & Roti Day
	Chicken Lasagna	Quesadillas - Beef or Cheese	BBQ Chicken	Chinese Style Fried Chicken	Chicken Tenders
	Beef Lasagna	Soft Tacos - Chicken or Veggie	BBQ Pork Ribs/BBQ Pork Sausages	Char Siu Pork	Popcorn Shrimp
	Veggie Lasagna	Tacquitos - Chicken or Beef	BBQ Shrimp Kebabs	Fish in Black Bean Sauce	Fries/Seasoned Wedges
	Garlic Bread	Mexican Rice Bowls - Chicken or Tofu	Stuffed Baked Potatoes	Fried Rice	Chicken Pot Stickers
	Corn on the Cob		Macaroni Salad	Lo Mein Noodles	Chicken Wrap Roti
	Caesar Salad		Roasted Corn Ribs	Sauteed Vegetables in Oyster Sauce	Shrimp Wrap Roti
		Fries		Veggie Wrap Roti	
		Fresh Salad & Cole Slaw			
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DATE	Mon 19	Tues 20	Wed 21	Thurs 22	Fri 23
MID TERM BREAK NO SCHOOL					
DATE	Mon 26	Tues 27	Wed 28	Thurs 29	Fri 30
PRICES - Elementary School Special \$30 - 1 Side + 1 Meat Small Meal - \$40 (Meat & 3 Sides) Large Meal - \$55 (Meat & 4 Sides) All Meals Include a Juice from the Dispenser	International Day	Thai Day	Health & Wellness Day	Mediterranean Day	Halloween Burger Day
	Crispy Chicken Tenders	Chicken Red Curry	Pesto Grilled Chicken	Grilled Garlic Chicken	Homemade Beef Burgers
	Beef Meatballs	Beef Red Curry	Key Lime Fish Fillet	Lamb Kofta	Crispy Chicken Sandwich
	Crispy Fish Fillet	Fish in Lemongrass Yellow Curry	Air Fried Breaded Tofu	Grilled Garlic Fish Steaks	Salmon Burger
	Veggie Rice	Basmati Rice	Cilantro Lime Rice	Mediterranean Rice Pilaf	Knockout Veggie Burger (Plantain, Melonge & Bhagi patty)
	Mac n Cheese	Dhal	Buttered Cassava	Parsley Potatoes	Grilled Hotdogs (Chicken)
	Corn & Carrots Medley	Bodi & Carrots	Sauteed Zucchini, Mushrooms & Onions	Garlic Bread	Fries
Fresh Salad	Fresh Salad	Patchoi Salad	Chimmichuri Cucumber & Tomato Salad		
Fries					
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MENUS ARE SUBJECT TO CHANGE					