ISPS MENUS FOR THE PERIOD: NOVEMBER 2026

DATE	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
	Lasagna Day	**Taco/Mexican Day**	**BBQ Roast Day (Outdoor Grilling with Buffet Station)**	**Sunday Lunch**	**Trini Style Curry Day**
PRICES -	Chicken Lasagna	**Quesadillas** - Beef or Cheese	BBQ Chicken	Stewed Chicken	Curry Chicken
Elementry School Special $30 - 1 Side + 1 Meat	Beef Lasagna	**Soft Tacos** - Chicken or Veggie	BBQ Pork Ribs/BBQ Sausages	Stewed Beef	Curry Beef
	Veggie Lasagna	**Mexican Rice Bowls** - Chicken or Tofu	BBQ Shrimp Kebabs	Fried Fish in Tomato & Onion Sauce	Curry Fish
Small Meal - $40 (Meat & 3 Sides)	Garlic Bread	**Taco Bags - Ole/Doritos Chips with Toppings**	Vegetable Paella	Veggie Rice	Potato & Channa
Large Meal - $55 (Meat & 4 Sides)	Corn on the Cob	**Toppings -**	Cheesy Potatoes	Macaroni Pie	Pumpkin, Bodi
All Meals Include a Juice from the Dispenser	Caesar Salad	Chicken or Beef, Shredded Cheese	Roasted Corn Ribs	Stewed Pigeon Peas	Mango, Dhal
		Pico de Gallo & Sour Cream	Fries	Fresh Salad	Rice
			Fresh Salad & Coleslaw		Buss up Shut

DATE	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
	DIVALI HOLIDAY	**International Day**	**Health & Wellness Day**	**Asian Day**	**Pizza Day**
PRICES -		Parmesan Chicken	Pan-Fried Chicken with Sit-Fry Veggies	Chicken Teriyaki	**Personal Size** - Plain Cheese or Pepperoni
Elementry School Special $30 - 1 Side + 1 Meat		Beef Meatballs	Tajin Pink Salmon	Beef with Patchoi	
		Parmesan Fish	Baked Breaded Tofu	Sweet n Sour Fish	**Deep Dish Squares** - Beef & Pine or Ham & Pine
Small Meal - $40 (Meat & 3 Sides)		Tossed Rice	Aromatic Herb Rice	Jasmin Rice	
Large Meal - $55 (Meat & 4 Sides)		Spaghetti	Roasted Sumac Potatoes	Ramen Noodles	**Naan Flatbread** - BBQ Chicken or Ultimate Veggie
All Meals Include a Juice from the Dispenser		Italian Bean Stew	Squash, Beets & Feta Salad	Sauteed Vegetables in Oyster Sauce	
		Fresh Salad	Fresh Salad		Cheesy Breadsticks

DATE	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
	International Day	**Sunday Lunch**	**GRILLED GARLIC Roast Day (Outdoor Grilling with Buffet Station)**	**Thai Day**	**Sushi Day**
PRICES -	Orange Baked Chicken	Stewed Chicken	Grilled Garlic Chicken Kebabs	Chicken Red Curry	**Sushi Rice Bowls** - Bang Bang Shrimp or Hoisin
Elementry School Special $30 - 1 Side + 1 Meat	Roast Beef	Stewed Ox Tails	Roasted Lamb Leg	Beef Red Curry	
	Breaded Fish Fillet	Stewed Salt Fish	Grilled Garlic Fish Kebabs	Fish in Lemongrass Yellow Curry	**Sushi Rolls** - Chicken, Shrimp & Veggie Rolls
Small Meal - $40 (Meat & 3 Sides)	Spanish Rice	Red Bean Rice/White Rice	Lemon Herb Rice	Basmati Rice	
Large Meal - $55 (Meat & 4 Sides)	Pasta in Tomato Cream Sauce	Sauteed Cassava	Parsley Potatoes	Dhal	
All Meals Include a Juice from the Dispenser	Corn & Carrots Medley	Callaloo	Assorted Grilled Veggies	Roasted Chili Potatoes	**ISPS Bento Box $50** - 2pcs Sushi Roll, 6pcs Wontons (Chicken or Shrimp) & 1 Sushi Dessert Treat
	Fresh Salad	Fresh Salad	Fresh Salad	Fresh Salad	

DATE	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
	Wing & Baked Potato Day	**Taco/Mexican Day**	**Soup, Sandwich & Salad Day**	**Thanks Giving and Early Christmas Meal**	**Burger Day**
PRICES -	Fried Wings with Sauce on the Side	**Quesadillas** - Beef or Cheese	Tomato Soup with Grilled Cheese	Pastelles- Chicken/Beef/Veggie	Homemade Beef Burgers
Elementry School Special $30 - 1 Side + 1 Meat	Roasted BBQ Pork	**Soft Tacos** - Chicken or Veggie	Trini Style Corn Soup	Trini Baked Ham w/Pineapple	Crispy Chicken Sandwich
	Fried Fish Fillet	**Mexican Rice Bowls** - Chicken or Tofu	Beef Corn Soup	Deep Fried Turkey Slices	Salmon Burger
Small Meal - $40 (Meat & 3 Sides)	Spanish Rice	**Taco Bags - Ole/Doritos Chips with Toppings**	Ultimate Salad Bar	Turmeric Rice with Cranberries	Knockout Veggie Burger (Plantain, Melonge & Bhagi patty)
Large Meal - $55 (Meat & 4 Sides)	Loaded Baked Potatoes	**Toppings -**		Toasted Mac n Cheese	Grilled Hotdogs (Chicken)
All Meals Include a Juice from the Dispenser	Fries	Chicken or Beef, Shredded Cheese		Old Fashioned Stewed Pigeon Peas	Fries
	Fresh Salad & Coleslaw	Pico de Gallo & Sour Cream		Cranapple Salad	

MENUS ARE SUBJECT TO CHANGE