MAPLE LEAF INTERNATIONAL SCHOOL

COMMITTED TO EXCELLENCE

Cafeteria Menu for September 2016

'What's for Lunch'

Please note that your lunch order MUST be made by 10am daily!

Prices for Lunch:
SMALL - $22 Fish - $24 / LARGE - $28 Fish - $30
Salads are available daily and must be preordered:
Garden Salad - $25 • Grilled Chicken Salad - $30 • Grilled Fish Salad - $35

Thursday 1st September

Shake n Bake Chicken, Baked Bean w/Roasted Potatoes or Veg Rice

Friday 2nd September

Shepherd's Pie (Beef or Chicken) w/ Garlic Bread

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Monday 5th September

Spaghetti & Meatballs (Beef or Turkey) w/ Garlic Bread

Tuesday 6th September

Italian baked Chicken, Baked Beans w/ Breaded Potato Balls or Mixed Rice

Wednesday 7th September

Curried Chicken or Beef, Potato, Channa, Pumpkin w/ Rice or Buss up Shot

Thursday 8th September

Rotisserie Chicken, Stewed Pigeon Peas, Macaroni Pie or Potato Salad

Friday 9th September

Stewed Chicken, Callaloo w/Provision Pie or Veg Rice

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Monday 12th September

Beef Soup or Corn Soup

Tuesday 13th September

Pineapple Baked Chicken, Black Eyed Peas w/Macaroni Salad or Saffron Rice

Wednesday 14th September

Curried Chicken or Beef, Potato, Channa, Pumpkin w/ Rice or Buss up Shot

Thursday 15th September

Baked Chicken in Mushroom Sauce, Steamed Vegetables w/Potato Balls or Parsley Rice

Friday 16th September

Lasagne (Chicken or Beef) w/ Garlic Bread

Monday 19th September

Oven Fried Chicken or Fish, Lentils w/ Vegetable Rice or Spaghetti Pie

Tuesday 20th September

Honey BBQ Chicken, Black Beans w/Oven Roasted Potatoes or Spanish Rice

Wednesday 21st September

Curried Chicken or Beef, Potato, Channa, Pumpkin w/ Rice or Buss up Shot

Thursday 22nd September

Shake n Bake Chicken, Baked Beans w/Oven Roasted Potatoes or Veg Rice

Friday 23rd September

Shepherd's Pie (Beef or Chicken) w/Garlic Bread

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Monday 26th September

Breaded Baked Chicken, Red Beans, w/ Garlic Butter Steamed Vegetables or Rice

Tuesday 20th September

Italian Baked Chicken, Baked Beans w/Breaded Potato Balls or Mixed Rice

Wednesday 21st September

Curried Chicken or Beef, Potato, Channa, Pumpkin w/ Rice or Buss up Shot

Thursday 22nd September

Rotisserie Chicken, Stewed Pigeon Peas w/Macaroni Pie or Potato Salad

Friday 23rd September

Stewed Chicken, Calalloo w/Macaroni Pie or Fried Rice