

# Cafeteria Menu for January 2018

## 'What's for Lunch'

**Please note that your lunch order MUST be made by 10am daily!**  
*For enquiries contact Mr. Luk Pat 678-8733 or lukpat2004@gmail.com*

Prices for Lunch:

SMALL - \$25 Fish - \$30 / LARGE - \$30 Fish - \$35

Salads are available daily and must be preordered:

Garden Salad - \$25 • Grilled Chicken Salad - \$30 • Grilled Fish Salad - \$35

Grilled Meat + 1 Side - Chicken \$25, Lamb \$40

Grilled Meat + 2 Sides - Chicken \$35, Lamb \$45

### **Week 1**

#### **Monday 8th January**

Spaghetti & Meatballs w/Garlic Bread

#### **Tuesday 9th January**

Stewed Chicken, Lentil Peas w/Rice or Potato Salad

#### **Wednesday 10th January**

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

#### **Thursday 11th January**

BBQ Chicken, Pigeon Peas w/Saffron Rice or Macaroni Salad

#### **Friday 12th January**

Chinese Style Chicken w/Fried Rice or Chow Mein

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### **Week 2**

#### **Monday 15th January**

Beef Soup or Corn Soup

#### **Tuesday 16th January**

Italian Baked Chicken, Black Beans w/Mashed Potato

#### **Wednesday 17th January**

Jerk Chicken w/Jamaican Rice or Potato Salad

#### **Thursday 18th January**

Wraps/Subs - Grilled Chicken  
-Teriyaki Chicken  
- Bourbon Chicken  
-Fish

#### **Friday 19th January**

Chicken Pelau w/Coleslaw

### **Week 3**

#### **Monday 22nd January**

Shake & Bake Chicken, Baked Beans, w/Yellow Rice or Mashed Potato

#### **Tuesday 23rd January**

Stewed Chicken, Callaloo w/Macaroni Pie or Spanish Rice

#### **Wednesday 24th January**

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

#### **Thursday 25th January**

Chicken Alfredo

#### **Friday 26th January**

Fried Chicken & Fries

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### **Week 4**

#### **Monday 29th January**

Bake & Shark

#### **Tuesday 30th January**

Honey Mustard Chicken, Lentil Peas & Parsley Rice

#### **Wednesday 31st January**

Grilled Chicken, Lamb or Fish w/Potato Salad or Roasted Potatoes

***Please note that there will be no credit facility unless a prepaid tab is created.***