

Cafeteria Menu for November 2017

'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

Wednesday 1st November

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

Thursday 2nd November

Stewed Chicken, Red Beans
w/Rice or Macaroni Salad

Friday 3rd November

Chicken Alfredo

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Week 2

Monday 6th November

Beef Soup or Corn Soup

Tuesday 7th November

BBQ Chicken & Fries

Wednesday 8th November

Jerk Chicken
w/Jamaican Rice or Potato Salad

Thursday 9th November

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

Friday 10th November

Fried Chicken & Fries

Week 3

Monday 13th November

Stew Chicken or Fish, Red Beans
w/Rice or Potato Balls

Tuesday 14th November

Chinese Style Chicken w/Fried Rice or Chow Mein

Wednesday 15th November

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

Thursday 16th November

Shake & Bake Chicken, Baked Beans,
w/Yellow Rice or Mac & Cheese

Friday 17th November

Chicken Pelau w/Coleslaw

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Week 4

Monday 20th November

Chilli w/ Spaghetti & Garlic Bread

Tuesday 21st November

Burger or Hotdog w/Fries

Wednesday 22nd November

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

Thursday 23rd November

Shepherd's Pie or Lasagne

Friday 24th November

Fried Chicken & Fries

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Week 5

Monday 27th November

BBQ Chicken, Baked Beans, Vegetable Rice or
Potato Salad

Tuesday 28th November

Chicken Alfredo

Wednesday 29th November

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

Thursday 30th November

Honey Roasted Chicken, Black Beans w/Mashed
Potato

Friday 1st December

Italian Baked Chicken, Callaloo
w/ Macaroni Pie or Rice

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