

HOW TO COMPLETE THE FORM:

1. Completely fill out the student/parent information.
2. Choose a Meal Plan
3. Choose 1 of the 4 meal options per day (highlight or circle) (v) item that is or can be made vegetarian
4. Return completed form with correct payment amount at the school office drop box or email to admin@catering.ky (cheques make payable to: Mise en Place Ltd.) (please note, menus received without payment will not be processed)



Cayman Prep School

November 2018



MEAL PLANS AVAILABLE: (select one (1) meal plan option)

Flex Plan: C\$5.50 per day / USD\$6.87 per day
Monthly Plan: C\$108.15 @ 5.15 per day / 21 days USD\$135.24 @ 6.44 per day / 21 days

Any questions please contact MEP School Admin at 623 2439 (Mon-Fri 9am to 5pm) or email admin@catering.ky

PLEASE COMPLETE ALL STUDENT/PARENT AND PAYMENT INFORMATION

STUDENT'S NAME, YEAR & CLASS: _____

ALLERGIES/FOOD RESTRICTIONS: _____

PARENT/GUARDIAN NAME: _____

PHONE & EMAIL: _____

DATE OF ORDER: _____

PAYMENT: (select one (1) payment method)

PAYMENT METHODS (CIRCLE): CASH CHEQUE CREDIT/DEBIT ONLINE

PAYED FOR TERM (CIRCLE): YES NO

		01 November 2018		02 November 2018		Week Total
05 November 2018		06 November 2018		07 November 2018		08 November 2018
Jerk Chicken with rice & beans, and steamed veg Pepper Steak with rice & beans, and steamed veg Cold Lunch: Ranch Chicken Wrap with veggie sticks Soup: Chunky Vegetable (v) with grilled cheese sandwich on whole wheat Today's dessert: Fruit Cup		Herb Roasted Chicken mashed potatoes, and steamed veg Spaghetti in Marinara (v) with steamed veg Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks Soup: Chicken with whole grain dinner roll Today's dessert: Chocolate Chip Cookie		Turkey Lasagne with steamed veg Grilled Chicken with brown/white rice blend, and steamed veg Cold Lunch: Turkey and Swiss Wrap with veggie sticks Soup: Vegetarian Minestrone (v) with grilled cheese sandwich on whole wheat Today's dessert: Fruit Cup		Sweet & Sour Chicken with fried rice, and steamed veg Beef & Broccoli Stir Fry with fried rice, and steamed veg Cold Lunch: Tuna Salad on Whole Wheat with veggie sticks Soup: Chicken Noodle with whole grain dinner roll Today's dessert: Yogurt
12 November 2018		13 November 2018		14 November 2018		15 November 2018
PUBLIC HOLIDAY REMEMBRANCE DAY		Baked Mac & Cheese (v) with veggie sticks Rotisserie Chicken with brown/white rice blend, and steamed veg Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks Soup: Chicken with whole grain dinner roll Today's dessert: Chocolate Chip Cookie		Beef Quesadillas with low-fat sour cream, salsa, and corn salad Chicken & Broccoli Penne Alfredo with veggie sticks Cold Lunch: Turkey and Swiss Wrap with veggie sticks Soup: Red Bean & Beef with grilled cheese sandwich on whole wheat Today's dessert: Fruit Cup		Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks Cold Lunch: Tuna Salad on Whole Wheat with veggie sticks Soup: Chicken Noodle with whole grain dinner roll Today's dessert: Yogurt
19 November 2018		20 November 2018		21 November 2018		22 November 2018
BBQ Chicken with brown/white rice blend, and steamed veg Cayman Style Beef with brown/white rice blend, and steamed veg Cold Lunch: Ranch Chicken Wrap with veggie sticks Soup: Chunky Vegetable (v) with grilled cheese sandwich on whole wheat Today's dessert: Fruit Cup		Coconut Crusted Chicken with roasted potatoes, and steamed veg Teriyaki Salmon with roasted potatoes, and steamed veg Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks Soup: Chicken with whole grain dinner roll Today's dessert: Chocolate Chip Cookie		Chicken Stew with brown/white rice blend, and steamed veg Meatballs in Marinara with bowtie pasta, and steamed veg Cold Lunch: Turkey and Swiss Wrap with veggie sticks Soup: Vegetarian Minestrone (v) with grilled cheese sandwich on whole wheat Today's dessert: Fruit Cup		Turkey Breast with cranberry sauce, sweet potato mash, stuffing, and steamed veg Roasted Ham with sweet potato mash, stuffing, and steamed veg Cold Lunch: Tuna Salad on Whole Wheat with veggie sticks Soup: Pumpkin (v) with whole grain dinner roll Today's dessert: Yogurt
26 November 2018		27 November 2018		28 November 2018		29 November 2018
Mild Jerk Chicken with rice & beans, and steamed veg Pepper Steak with rice & beans, and steamed veg Cold Lunch: Ranch Chicken Wrap with veggie sticks Soup: Chunky Vegetable (v) with grilled cheese sandwich on whole wheat Today's dessert: Fruit Cup		Herb Roasted Chicken with brown/white rice blend, and steamed veg Shepherd's Pie with steamed veg Cold Lunch: Ham and Cheddar on Whole Wheat with veggie sticks Soup: Chicken with whole grain dinner roll Today's dessert: Chocolate Chip Cookie		Sweet & Sour Chicken with fried rice, and steamed veg Beef & Broccoli Stir Fry with fried rice, and steamed veg Cold Lunch: Turkey and Swiss Wrap with veggie sticks Soup: Red Bean & Beef with grilled cheese sandwich on whole wheat Today's dessert: Fruit Cup		Cheese Pizza (v) whole wheat/white flour blend and low fat cheese. With veggie sticks Turkey Pepperoni Pizza whole wheat/white flour blend and low fat cheese. With veggie sticks Cold Lunch: Tuna Salad on Whole Wheat with veggie sticks Soup: Chicken Noodle with whole grain dinner roll Today's dessert: Yogurt
						30 November 2018
						Week Total

