Dear Parents & Guardians,

Please see the lunch menu for **DECEMBER 2026 & JANUARY 2027.** We have put these menus together, for ease of submittal if you are travelling etc. We do this throughout the year depending on holidays and breaks.
We have had lots of positive feedback on some of our new menu items however; we have added back some favourites due to requests.
We would be happy to address any concerns to ensure we can accommodate you the best we can.

We would hope to receive all lunch order forms by the **22nd NOVEMBER 2026**

http://www.foodforthought.ky/cayman-prep

We will be selling PIZZA by the slice ($2.50 per slice) every second Friday. This is sold on a **CASH ONLY BASIS**.

Below is a rundown on how our system works

1. Menus posted on 16th of each Month online and emailed from CPHS office: http://www.foodforthought.ky/cayman-prep
2. Please complete the order form and return it to the CPHS office or email the form or details of your order to Food for Thought at info@foodforthought.ky
3. Payment should be made by 22nd of the month:
    a. By leaving a cheque/cash with your order form at school office
    b. Pay online to Butterfield **BOB KYD Account # 02101 037369** please reference your child's name and class or year group. Please email a screenshot of payment confirmation with your order.
    c. Pay by card at our FFT offices, located at D1, Cayman Business Park, Elgin Avenue. Our Offices are open Monday – Friday from 8:00am – 2:00pm and 9:00am - 1:00pm Saturdays.

We understand orders can't always be made in advance. We accept orders up to 10am on the day the student must bring cash or the parent must pay online. Please understand due to the rising costs of food we cannot always meet demand for orders made after 10am but we will try our best.

For new parents if you wish to discuss further your child's needs and the process on how our system works you can contact **Wayne on 938-3663 or Rachel on 927-9229** & they will be happy to assist.

WISHING YOU ALL A VERY HAPPY & SAFE HOLIDAY SEASON.

Kind regards
Food for Thought LTD.

Student's Name:_____ **Class:**_____ **Parent's Contact Number:**_____

This menu is from **MONDAY 30TH NOVEMBER TO FRIDAY 29TH JANUARY 2027.** The cost is **$8.00** per day for lunch. **TOTAL FOR DEC/JAN (28 DAYS) IS $224.00** choose between either Main Courses listed or the veggie OR salad option. Return this form to the school office or our offices no later than **NOVEMBER 22nd,** together with payment, either by ONLINE WITH BOB **KYD# 021010-37369**, CASH, CARD OR CHEQUES made payable to FOOD FOR THOUGHT LTD, **DOWN LOAD MENU WWW.FOODFORTHOUGHT.KY MENU/SCHOOLS**

DECEMBER WEEK 1				JANUARY WEEK 1			
MON	HOT	Spaghetti Bolognese with garlic toast	☐	MON	HOT	Spaghetti Bolognese with garlic toast	AFS
NOVEMBER	COLD	BLT with Turkey, on multi grain bread & mixed fruit cup	☐	JANUARY	COLD	Ham & Cheddar on a flour bun with veggie crisps	AFS
30TH	VEG/SALAD	Balsamic roasted veggies with spaghetti OR Chicken salad	☐	4TH	VEG/SALAD	Balsamic roasted veggies with spaghetti OR Chicken salad	AFS
TUES	HOT	West Indian chicken curry with vegetable rice	☐	TUES	HOT	Indian butter chicken with Basmati rice & Nann bread	AFS
DECEMBER	COLD	Jerk Chicken & mango salad wrap with potato salad	☐	JANUARY	COLD	Philly cheese steak sandwich seved with side caesar salad	AFS
1ST	VEG/SALAD	Vegetable Biriyani OR Chicken salad	☐	5TH	VEG/SALAD	Veggie butter curry with Basmati Rice OR Chicken salad	AFS
WED	HOT	English style fish and chips with green peas and tartar sauce	☐	WED	HOT	English style fish and chips with green peas and tartar sauce	AFS
DECEMBER	COLD	Lean USDA choice burger with cheddar & salad bar	☐	JANUARY	COLD	Chicken Fajita wrap with fresh fruits	AFS
2ND	VEG/SALAD	Baked potato with beans and cheddar OR Chicken salad	☐	6TH	VEG/SALAD	Baked potato with beans and cheddar OR Chicken salad	AFS
THURS	HOT	Mongolian beef & broccoli stirfry on a bed of noodles	☐	THURS	HOT	Penne marinara with herb chicken and broccoli	AFS
DECEMBER	COLD	Crunchy chicken caesar wrap & pasta salad	☐	JANUARY	COLD	Pulled slow roasted BBQ pork sliders & fruity coleslaw	AFS
3RD	VEG/SALAD	Teriyaki veg stir fry OR Chicken salad	☐	7TH	VEG/SALAD	Vegetable Lasagne OR Chicken salad	AFS
FRI	HOT	EVERY 2ND FRIDAY	☐	FRI	HOT	Brown stew chicken with rice & beans, plantain & cornbread	AFS
DECEMBER	COLD	PIZZA SOLD BY THE SLICE IN THE LUNCHROOM	☐	JANUARY	COLD	Crispy fish sandwich with sweet chili mayo and pasta salad	AFS
4TH	VEG/SALAD	$2.50 PER SLICE CASH ONLY	☐	8TH	VEG/SALAD	Vegetable Biriyani OR Chicken salad	AFS
DECEMBER WEEK 2				**JANUARY WEEK 2**			
MON	HOT	Spaghetti Bolognese with garlic toast	AFS	MON	HOT	Spaghetti Bolognese with garlic toast	AFS
DECEMBER	COLD	Ham & Cheddar on a flour bun with veggie crisps	AFS	JANUARY	COLD	Turkey ,bacon, cheddar & ranch club wrap with fruits	AFS
7TH	VEG/SALAD	Pesto veggies with spaghetti Alfredo OR Chicken salad	AFS	11TH	VEG/SALAD	Balsamic roasted veggies with spaghetti OR Chicken salad	AFS
TUES	HOT	Roast pork chop mash potato savory tomato gravy veggies	AFS	TUES	HOT	Mexican Fish tacos with seasoned rice, sour cream and salsa	AFS
DECEMBER	COLD	Philly cheese steak sandwich seved with side caesar salad	AFS	JANUARY	COLD	Jerk Chicken & mango salad wrap with potato salad	AFS
8TH	VEG/SALAD	Vegetable Biriyani OR Chicken salad	AFS	12TH	VEG/SALAD	Mexican veggie tacos OR Chicken salad	AFS
WED	HOT	Buttermilk chicken tenders and chips with a BBQ mayo	AFS	WED	HOT	Buttermilk chicken tenders and chips with a BBQ mayo	AFS
DECEMBER	COLD	Lean USDA choice burger with cheddar & salad bar	AFS	JANUARY	COLD	Lean USDA choice burger with cheddar & salad bar	AFS
9TH	VEG/SALAD	Chickpea & black bean Burger OR Chicken salad	AFS	13TH	VEG/SALAD	Chickpea & black bean Burger OR Chicken salad	AFS
THURS	HOT	Irish beef stew with hearty veg and french baguette	AFS	THURS	HOT	Peppered steak, rice & beans. Plantain & corn bread	AFS
DECEMBER	COLD	Pita pocket with lemon & herb chicken & Greek salad	AFS	JANUARY	COLD	Pulled slow roasted BBQ pork sliders & fruity coleslaw	AFS
10TH	VEG/SALAD	Broccoli & Cauliflower Gratin with fresh salad & crusty bread	AFS	14TH	VEG/SALAD	Ricotta tortelini with basil tomato sauce OR Chicken salad	AFS
FRI	HOT	Chicken Korma curry with Basmati rice & Nann bread	AFS	FRI	HOT	EVERY 2ND FRIDAY	AFS
DECEMBER	COLD	Crunchy sweet chili chicken wrap & coleslaw	AFS	JANUARY	COLD	PIZZA SOLD BY THE SLICE IN THE LUNCHROOM	AFS
11TH	VEG/SALAD	Vegetable curry with steamed Basmati rice OR Chicken salad	AFS	15TH	VEG/SALAD	$2.50 PER SLICE CASH ONLY	AFS
DECEMBER WEEK 3				**JANUARY WEEK 3**			
MON	HOT	TRADITIONAL CHRISTMAS LUNCH	AFS	MON	HOT	Spaghetti Bolognese with garlic toast	AFS
DECEMBER	COLD	Roast Turkey, stuffing, cranberry, roast & mash pots and veg	AFS	JANUARY	COLD	Ham & Cheddar on a flour bun with veggie crisps	AFS
14TH	VEG/SALAD	Cold & Veggie options available upon request	AFS	18TH	VEG/SALAD	Balsamic roasted veggies with spaghetti OR Chicken salad	AFS
TUES	HOT	Spaghetti Bolognese with garlic toast	AFS	TUES	HOT	Roast pork chop mash potato savory tomato gravy veggies	AFS
DECEMBER	COLD	Crispy honey mustard glazed chicken tender wrap with soup	AFS	JANUARY	COLD	Philly cheese steak sandwich seved with side caesar salad	AFS
15TH	VEG/SALAD	Vegetable Lasagne OR Chicken salad	AFS	19TH	VEG/SALAD	Vegetable Biriyani OR Chicken salad	AFS
WED		SCHOOL BREAKS AT NOON	AFS	WED	HOT	Chicken tenders and fries with a BBQ or Honey Mustard sauce	AFS
DECEMBER		NO LUNCH	AFS	JANUARY	COLD	Lean USDA choice burger with cheddar & salad bar	AFS
16TH		MERRY CHRISTMAS!!!	AFS	20TH	VEG/SALAD	Chickpea & black bean Burger OR Chicken salad	AFS
			AFS	THURS	HOT	Lemon & thyme chicken skewers with savory veggie rice	AFS
			AFS	JANUARY	COLD	Tuna & sweetcorn wrap and pasta salad	AFS
			AFS	21ST	VEG/SALAD	Mediterrean veg skewers with savory rice OR Chicken salad	AFS
			AFS	FRI	HOT	Cayman style fish with steamed rice and veggies	AFS
			AFS	JANUARY	COLD	Blackcned chicken Caesar wrap with soup of the day	AFS
			AFS	22ND	VEG/SALAD	Ricotta tortelini with basil tomato sauce OR Chicken salad	AFS

JANUARY CONTINUED BELOW

PLEASE FILL IN & RETURN BOTH PAGES

JANUARY CONTINUED

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JANUARY WEEK 4				
MON	HOT	PUBLIC HOLIDAY HEROES DAY		
JANUARY	COLD			
25TH	VEG/SALAD	NO SCHOOL		
TUES	HOT	Indian butter chicken with Basmati rice & Nann bread		
JANUARY	COLD	Pulled slow roasted BBQ pork sliders with coleslaw		
26TH	VEG/SALAD	Veggie butter curry with Basmati Rice OR Chicken salad		
WED	HOT	English style fish and chips with green peas and tartar sauce		
JANUARY	COLD	Lean USDA choice burger with cheddar & salad bar		
27TH	VEG/SALAD	Baked potato with beans and cheddar OR Chicken salad		
THURS	HOT	BBQ chicken skewers with baked mac & cheese corn cob		
JANUARY	COLD	Crispy fish sandwich with sweet chili mayo and fresh salad		
28TH	VEG/SALAD	Roasted BBQ veggie with mac and cheese & plantain		
FRI	HOT	EVERY 2ND FRIDAY		
JANUARY	COLD	PIZZA SOLD BY THE SLICE IN THE LUNCHROOM		
29TH	VEG/SALAD	$2.50 PER SLICE CASH ONLY		

Number of Lunches Ordered_____ **Amount Enclosed $**_____ **Signed** _____