



Dear Parents & Guardians,

Please see the lunch menu for **OCTOBER & NOVEMBER 2026**. 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 SEPTEMBER 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.

Kind regards
Food for Thought LTD.



Student's Name: _____

Class: _____

Parent's Contact Number: _____



This menu is from **MONDAY 28TH SEPTEMBER TO FRIDAY 27TH NOVEMBER**. The cost is **\$8.00** per day for lunch. **TOTAL FOR OCT/NOV (35 DAYS) IS \$280.00** 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 **SEPTEMBER 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**

OCTOBER WEEK 1

MON	HOT	Spaghetti Bolognese with garlic toast	☐
SEPTEMBER	COLD	BLT with Turkey, on multi grain bread & mixed fruit cup	☐
28TH	VEG/SALAD	Spaghetti prima vera in a tomato cream or Chicken salad	☐
TUES	HOT	Sweet & sour pork with chinese style veggie rice	☐
SEPTEMBER	COLD	Jerk Chicken & mango salad wrap with potato salad	☐
29TH	VEG/SALAD	Sweet & sour veggies with Chinese veg rice OR Chicken salad	☐
WED	HOT	Buttermilk chicken tenders and chips with a BBQ mayo	☐
SEPTEMBER	COLD	Lean USDA choice burger with cheddar & salad bar	☐
30TH	VEG/SALAD	Chickpea & bean Burger OR Chicken salad	☐
THURS	HOT	Peppered steak, rice & beans. Plantain & corn bread	☐
OCTOBER	COLD	Pulled slow roasted BBQ pork sliders & fruity coleslaw	☐
1ST	VEG/SALAD	Ricotta tortellini with basil tomato sauce OR Chicken salad	☐
FRI	HOT	Baked Lasagne with garlic bread	☐
OCTOBER	COLD	Ham & Cheddar in a French baguette with pasta salad	☐
2ND	VEG/SALAD	Vegetable Lasagne OR Chicken salad	☐

OCTOBER WEEK 2

MON	HOT	Spaghetti Bolognese with garlic toast	☐
OCTOBER	COLD	Jerk chicken & mango salad wrap with fresh fruits	☐
5TH	VEG/SALAD	Ratatouille Pasta Bake OR Chicken salad	☐
TUES	HOT	BBQ Chicken with steamed rice & plantain	☐
OCTOBER	COLD	Turkey & Swiss cheese sandwich on a baguette & potato salad	☐
6TH	VEG/SALAD	Veggie Quiche with salad & coleslaw OR Chicken salad	☐
WED	HOT	English style fish and chips with green peas and tartar sauce	☐
OCTOBER	COLD	Lean USDA choice burger with cheddar & salad bar	☐
7TH	VEG/SALAD	Baked potato with beans and cheddar OR Chicken salad	☐
THURS	HOT	Mongolian beef & broccoli stirfry on a bed of steamed rice	☐
OCTOBER	COLD	Crunchy sweet chili chicken wrap & coleslaw	☐
8TH	VEG/SALAD	Teriyaki veg stir fry OR Chicken salad	☐
FRI	EVERY 2ND FRIDAY		☐
OCTOBER	PIZZA SOLD BY THE SLICE IN THE LUNCHROOM		☐
9TH	\$2.50 PER SLICE CASH ONLY		☐

OCTOBER WEEK 3

MON	HOT	Spaghetti Bolognese with garlic toast	☐
OCTOBER	COLD	Turkey, bacon & ranch club wrap with veggie sticks	☐
12TH	VEG/SALAD	Spaghetti prima vera in a tomato cream or Chicken salad	☐
TUES	HOT	Indian butter chicken with Basmati rice & Nann bread	☐
OCTOBER	COLD	Pulled slow roasted BBQ pork sliders with coleslaw	☐
13TH	VEG/SALAD	Veggie butter curry with Basmati Rice OR Chicken salad	☐
WED	HOT	Chicken tenders and fries with a BBQ or Honey Mustard sauce	☐
OCTOBER	COLD	Lean USDA choice burger with cheddar & salad bar	☐
14TH	VEG/SALAD	Baked potato with beans and cheddar OR Chicken salad	☐
THURS	HOT	Coconut crusted fish mango salsa & rice and beans	☐
OCTOBER	COLD	Blackened chicken Caesar wrap with soup of the day	☐
15TH	VEG/SALAD	Ricotta tortellini with basil tomato sauce OR Chicken salad	☐
FRI	PROFESSIONAL DEVELOPMENT DAY		☐
OCTOBER	NO SCHOOL		☐
16TH	MID TERM BREAK SEE YOU ALL ON THE 27TH		☐

OCTOBER WEEK 4

MON	HOT	Spaghetti Bolognese with garlic toast	☐
OCTOBER	COLD	BLT with Turkey, on multi grain bread & mixed fruit cup	☐
26TH	VEG/SALAD	Pesto veggies with spaghetti Alfredo OR Chicken salad	☐
TUES	HOT	Lemon & thyme chicken skewers with savory veggie rice	☐
OCTOBER	COLD	Turkey Meatball sub sandwich and pasta salad	☐
27TH	VEG/SALAD	Veggie Skewers with savory rice OR Chicken salad	☐
WED	HOT	English style fish and chips with green peas and tartar sauce	☐
OCTOBER	COLD	Lean USDA choice burger with cheddar & salad bar	☐
28TH	VEG/SALAD	Baked potato with beans and cheddar OR Chicken salad	☐
THURS	HOT	BBQ chicken with baked mac & cheese corn on the cob	☐
OCTOBER	COLD	Crispy fish burger with sweet chili mayo and potato salad	☐
29TH	VEG/SALAD	Roasted BBQ veggie with mac and cheese & plantain	☐
FRI	HOT	Irish beef stew with hearty veg and french baguette	☐
OCTOBER	COLD	Pita pocket with herb chicken & Greek salad	☐
30TH	VEG/SALAD	Broccoli & Cauliflower Gratin with fresh salad & crusty bread	☐

NOVEMBER WEEK 1

MON	HOT	Spaghetti Bolognese with garlic toast	☐
NOVEMBER	COLD	Jerk Chicken & mango salad wrap with potato salad	☐
2ND	VEG/SALAD	Spaghetti prima vera in a tomato cream or Chicken salad	☐
TUES	HOT	Indian butter chicken with Basmati rice & Nann bread	☐
NOVEMBER	COLD	Ham & Cheddar on a flour bun with veggie crisps	☐
3RD	VEG/SALAD	Vegetable Biryani OR Chicken salad	☐
WED	HOT	Buttermilk chicken tenders and chips with a BBQ mayo	☐
NOVEMBER	COLD	Lean USDA choice burger with cheddar & salad bar	☐
4TH	VEG/SALAD	Chickpea & bean Burger OR Chicken salad	☐
THURS	HOT	BBQ pork chops with mac & cheese, plantain & cornbread	☐
NOVEMBER	COLD	Crispy fish burger with sweet chili mayo and coleslaw	☐
5TH	VEG/SALAD	Roasted BBQ veggie with mac and cheese & cornbread	☐
FRI	EVERY 2ND FRIDAY		☐
NOVEMBER	PIZZA SOLD BY THE SLICE IN THE LUNCHROOM		☐
6TH	\$2.50 PER SLICE CASH ONLY		☐

NOVEMBER WEEK 2

MON	PUBLIC HOLIDAY RMEMEBRANCE DAY		☐
NOVEMBER	NO SCHOOL		☐
9TH			☐
TUES	HOT	Spaghetti Bolognese with garlic toast	☐
NOVEMBER	COLD	BLT with Turkey, on multi grain bread & mixed fruit cup	☐
10TH	VEG/SALAD	Veggie pasta bake with garlic toast or Chicken salad	☐
WED	HOT	Chicken tenders and fries with a BBQ or Honey Mustard sauce	☐
NOVEMBER	COLD	Lean USDA choice burger with cheddar & salad bar	☐
11TH	VEG/SALAD	Chickpea & bean Burger OR Chicken salad	☐
THURS	HOT	Teriyaki chicken & veg with noodles	☐
NOVEMBER	COLD	Turkey Meatball sub sandwich and pasta salad	☐
12TH	VEG/SALAD	Teriyaki veggies on noodles OR Chicken salad	☐
FRI	HOT	Coconut crusted fish mango salsa & rice and beans	☐
NOVEMBER	COLD	Blackened chicken Caesar wrap with soup of the day	☐
13TH	VEG/SALAD	Ricotta tortellini with basil tomato sauce OR Chicken salad	☐

NOVEMBER CONTINUED BELOW**PLEASE FILL IN & RETURN BOTH PAGES**

NOVEMBER CONTINUED

PLEASE FILL IN & RETURN BOTH PAGES

NOVEMBER WEEK 3

MON	HOT	Spaghetti Bolognese with garlic toast	☐
NOVEMBER	COLD	Jerk Chicken & mango salad wrap with Salad	☐
16TH	VEG/SALAD	Spaghetti prima vera in a tomato cream or Chicken salad	☐
TUES	HOT	Baked Chicken with roast potato peas, corn & gravy	☐
NOVEMBER	COLD	Ham & Cheddar on a flour bun with veggie crisps	☐
17TH	VEG/SALAD	Baked potato with beans and cheddar OR Chicken salad	☐
WED	HOT	English style fish and chips with green peas and tartar sauce	☐
NOVEMBER	COLD	Lean USDA choice burger with cheddar & salad bar	☐
18TH	VEG/SALAD	Chickpea & bean Burger OR Chicken salad	☐
THURS	HOT	Baked beef Lasagne with garlic bread	☐
NOVEMBER	COLD	Crispy fish sandwich with sweet chili mayo and fresh salad	☐
19TH	VEG/SALAD	Vegetable Lasagne OR Chicken salad	☐
FRI	HOT	EVERY 2ND FRIDAY	☐
NOVEMBER	COLD	PIZZA SOLD BY THE SLICE IN THE LUNCHROOM	☐
20TH	VEG/SALAD	\$2.50 PER SLICE CASH ONLY	☐

NOVEMBER WEEK 4

MON	HOT	Spaghetti Bolognese with crisp French baguette	☐
NOVEMBER	COLD	BLT with Turkey, on multi grain bread & mixed fruit cup (NEW)	☐
23RD	VEG/SALAD	Veggie pasta bake with garlic toast or Chicken salad	☐
TUES	HOT	Indian butter chicken with Basmati rice & Nann bread	☐
NOVEMBER	COLD	Pulled slow roasted BBQ pork sliders & fruity coleslaw	☐
24TH	VEG/SALAD	Vegetable Biryani OR Chicken salad	☐
WED	HOT	Chicken tenders and fries with a BBQ or Honey Mustard sauce	☐
NOVEMBER	COLD	Lean USDA choice burger with cheddar & salad bar	☐
25TH	VEG/SALAD	Baked potato with beans and cheddar OR Chicken salad	☐
THURS	HOT	Irish beef stew with hearty veg and french baguette	☐
NOVEMBER	COLD	Pita pocket with lemon & herb chicken & Greek salad	☐
26TH	VEG/SALAD	Broccoli & Cauliflower Gratin with fresh salad & crusty bread	☐
FRI	HOT	Coconut crusted fish mango salsa & rice and beans	☐
NOVEMBER	COLD	Blackened chicken Caesar wrap with soup of the day	☐
27TH	VEG/SALAD	Ricotta tortellini with basil tomato sauce OR Chicken salad	☐

Number of Lunches Ordered _____

Amount Enclosed \$ _____

Signed _____