



CANTEEN MENU

BREAKFAST

Ackee & Salt Fish
Avocado Toast
Bagle & Cream Cheese
Bagle & Egg
Bagle & Egg & Bacon
Boil Egg
Calaloo & Saltfish
Curry Chicken
Egg Sandwich
Fried Dumpling
Hash Brown
Pancake
Salt Fish Fritter
Omelet :
 Cheese | Full House



DRINKS

Capri Sun :
 Fun Alarm | Apple | Berry
 Fruit Punch | Orange | Mystic Dragon
Coconut Water
Cran Wata :
 Peach | Grape
Homestyle :
 Fruit Punch | Mango | Guava
 June Plum | Orange Pine
Milk :
 NesQuick | Milo | Plain
Pure Country
 Cran | Fruit Punch | Orange
Tru Juice
 Orange 473 | Apple | Mango Orange
 Strawberry Banana
Wata

HOT BEVERAGES

Americano Black
Café Latte
Cappuccino
Coffee Ground :
 3 in 1 | Black | w/ cream
Hot Chocolate
Tea :
 Mint | Reg
Whipped Cream
Espresso :
 Cubano | Double

NOVELTIES

Tiki :
 Coconut | Strawberry | Vanilla
Fruit Jelly
Asst Chocolate
Fruit Cup- Juice
Fruit Cup - Jello
Drum Stick Nestle
Snackitos - Ice Pop
Rice Krispies
Sour Worms
Yogurt

LIGHT MEALS

Beef Burger

Calzone :

Loaded | Regular

Chicken Burger

Chicken Nuggets

Coco Bread

Empanada :

Beef | Chicken | Cheese |

Ham | Vegetable

Festival

Fish Burger

Fish Sticks

Fries :

Regular | Cheezy | Loaded

Hot Dog

Noodles

Patty :

Beef | Chicken | Cheese

Pizza

Cheese | Ham | Pepperoni

Pineapple

Ramen Soup

Rice

Fruit Salad

Salad With Fetta Cheese

Shredded Chicken Salad with Mango, Tomatoes, & Cucumbers on a bed of lettuce

Samosa :

Barbeque Jerk Chicken | Chick Peas | Curry Potato | Curry Chicken

Sandwich :

Ham | PB&J | Chicken | Tuna | Turkey | Cheese

Sliced Cheese

Soup

Sow Bow :

Ackee | Calaloo | Chicken | Pork

Tastee Cheese

Veggie Burger

Wrap :

Chicken | Vegetable

Quesadillas



CHICKEN

Fried Chicken
Mallah Chicken
Baked Chicken
Jerk Chicken
Jerk Chicken Alfredo
BBFry Chicken
BBQ Chicken
Fricassee Chicken
Chicken Corden Bleu
Curry Chicken
Chicken Piccata
Stuffed Chicken in Marinara Sauce
Chinese Roast Chicken
Honey Glazed Chicken
Chicken Fettuccini Alfredo
Teriyaki Chicken
Shake N Bake Chicken
Boneless Stuffed Chicken In Marinara Sauce
Chicken Chop Suey
Stew Chicken with potatoes and carrots
Oven Fried Chicken
Chicken Kebab
Lemon Garlic Chicken
Butter Chicken
Chicken Parmesan
Chicken w/Pineapple
Chicken Fettuccini Marinara Sauce
Sweet Chilli Chicken
Sweet & Sour Chicken



FISH & SEA FOOD

Fried Fish
S/S Fish
Fish Sticks
Brown Stew Fish
Breaded Fish Fillet w/Tarter Sauce
Fish In Lemon Butter
Steamed Fish
Shrimp Fettuccine Alfredo
Linguine with Tuna Puttanesca
Shrimp Kebab
Curry Shrimp & Potato
Popcorn Shrimp



OTHER

Steak and Potatoes
Pizza
Roast Pork in Teriyaki
Curry Mutton
Stewed Peas w/beef
Lasagna w Meat Sauce
Oxtail & Beans
S/S pork
Roasted Tri Tip Beef
Crispy Pork
Breaded Pork Chops
Beef Chow Mein
Pepper Steak
BBQ Pork chops
Cheese Ravioli in Alfredo Sauce
Cheese Ravioli in Maranara Sauce
Jerk Sausage Pasta in Alfredo Sauce
Sirlion Steak & Potato
Shepherd's Pie
Jerked Pork
Beef Chop Suey
Bake Ziti w/Meat Sauce
Pork In Black Bean
Spaghette & Meat Sauce



VEGETARIAN

Curry Dahl w/ Roti
Crustless Spinach Quiche
Tofu in Black Beans
Grilled Vegetables
Sushi
Stew Lentils
Curry Chick Peas
Veggie Mince Pasta
Marinara Pasta w/Chick Peas
S/S Tofu
Veggie Stewed Peas
Veggie Meat Balls
Veggie Wrap
Veggie Burger
Stir Fry Vegetables
3 Bean Corn Salad
Chilly w/Vegan Mince
Vegetable Fettuccini in Marinara Sauce
Curry Potato w/ Veg
Bake Ziti w/Veggie Meat Sauce
Vegetable Fettuccini Alfredo
Steam Veg in Coconut Sauce
Vegetable Chow Mein
Stewed Black Beans w/Veg
Lasagna w/Veggie Meat Sauce
Veggie Spaghetti
Gnochie with Broccoli w/ Veg
Coconut Curry Ramen w/ Veg

Curried Cauliflower Quinoa Salad
Pasta with Tomato Cream Sauce
Sesame Garlic Ramen Noodles
Vegetable Burrito Bowl w/ Avocado Cream
Vegetarian Chili
Vegetarian Meatballs
Vegetarian Stuffed Peppers

RICE

Rice & Peas
Fried Rice
Seasoned Rice
Coconut Rice
Pumpkin Rice
White Rice
Callaloo Rice
Vegetable Rice
Cilantro Lime Rice



SIDES

Chinese Noodle
Mac & Cheese
Sweet Potato Salad
Festival
French Fries
Mashed Potatoes
Macaroni Salad
Potato Salad
Bammy Fingers
Garlic Bread
Sauteed Corn
Tomato/Cucumber Marinade
Garden Salad
Cole Slaw
Shredded Vegetables
Plantain
Marinated Tomatoes
Roasted Tomato with Parmesan
Cheese
Sweet Potato Wedges
Boiled Food :
Yam | Banana | Sweet Potato

