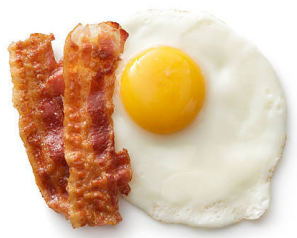




MENU FOR NOV 5 - NOV 11, 2018

BREAKFAST



Ask about our DAILY selection of Omelettes, or Eggs
 "any style you like them."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EGGS YOUR WAY BACON CHICKEN NUGGETS BAKES BREAKFAST POTATOES	EGGS YOUR WAY BACON ROASTED SAUSAGES SWEET POTATO FRIES COCONUT BAKES	EGGS YOUR WAY BACON VEGETABLE MEDLEY PUMPKIN FRITTERS FRIED CHICKEN LIVERS	EGGS YOUR WAY BACON CHICKEN NECKS FRENCH TOAST CHICKEN FILLETS	EGGS YOUR WAY BACON CORN BEEF HASH BANANA BAKES CHICKEN GIZZARDS	EGGS YOUR WAY BACON BAKED BEANS CHICKEN NUGGETS HOME FRIES	EGGS YOUR WAY BACON CINNAMON PLANTAIN CHICKEN FILLETS COCONUT BAKES



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORN SOUP STEAMED VEGETABLES VEGETABLE CHOW MEIN LENTIL PEA RICE GARLIC MASH BAKED CHICKEN BEEF STEW GRILLED FISH PLAIN GRAVY	LENTIL SOUP CITRUS VEGETABLES GREEN PEAS & RICE CHICKEN ALFREDO SEASONED POTATOES MEAT STEW PINEAPPLE CHICKEN FRIED FISH PLAIN GRAVY	COW HEEL SOUP ROASTED VEGETABLES SPLIT PEAS & RICE CHICKEN LASAGNA CORN PIE SWEET & SOUR PORK BAKED CHICKEN BLACKENED FISH PLAIN GRAVY	PUMPKIN SOUP STEAMED VEGETABLES VEGETABLE RICE MACARONI PIE CANDIED SWEET POTATOES LAMB CURRY STEW BBQ CHICKEN BAKED CHICKEN PLAIN GRAVY	ALL-IN MEAT SOUP GARLIC HERB VEGETABLES FIELD PEAS & RICE BEEF LASAGNA POTATO WEDGES CAJUN FISH SWEET & SOUR CHICKEN PORK STEW PLAIN GRAVY	BAJAN CHICKEN SOUP SAUTÉED VEGETABLES SPLIT PEAS & RICE SCALLOPED POTATOES COU-COU SALTFISH GRAVY FRIED CHICKEN PUDDING & SOUSE PLAIN GRAVY	SPLIT PEA & HAM SOUP PEAS & RICE ORANGE VEGETABLES MACARONI PIE SWEET POTATO PIE FRIED FISH BBQ CHICKEN PLAIN GRAVY

DINNER

				BBQ PIGTAILS BBQ WINGS FRIED FISH WEDGES	BBQ WINGS BBQ WINGS GRILLED FISH FRENCH FRIES PLANTAIN	
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