



George Town Hospital -Daily Lunch Menu

Soup \$4.50/\$5.50 | Mains - Weighted \$0.85/oz or Set Portions \$9 (Regular) \$12 (Large) | Extra: Protein \$5 | Sides \$3

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	Monday 8th December Greek Island Feast	Oatmeal porridge - \$3.25 Breakfast Special: Ackee & Saltfish, Steamed callaloo and Fritter- \$8 Sides: Bacon, cabbage, x2 fritters, boiled banana and boiled dumplings \$3.00 Scrambled Eggs or x2 Boiled Eggs \$4.00	Chicken Noodle Soup Mains: Lemon-Oregano Roast Chicken, Beef Stew w/ Cinnamon Vegan: Chickpea & Spinach Stew Sides: Olive Oil Rice Pilaf, Herbed Potato Wedges, Corn on the Cob, Roasted Mediterranean Vegetables
	Tuesday 9 th December Island BBQ	Cream of wheat porridge - \$3.25 Breakfast Special: Scrambled or 2x boiled eggs, turkey sausage or bacon and pancake - \$8 Sides: Turkey sausage or bacon or potato or 2xpancake - \$3.00 Scrambled Eggs or x2 Boiled Eggs \$4.00	Split Pea with Ham Soup Mains: Citrus BBQ Chicken, Cayman Style Beef Vegan: BBQ Lentil & Sweet Potato Pot Sides: Steamed White Rice, Rice and Beans, Fried Plantain, Sautéed Cabbage
	Wednesday 10 th December Caribbean Spice Carnival	Cornmeal - \$3.25 Breakfast Special: Scrambled or 2x boiled eggs, livers and boiled banana or dumplings - \$8 Sides: Bacon or boiled banana and dumplings or livers or Steamed callaloo - \$3.00 Scrambled Eggs or x2 Boiled Eggs \$4.00	Chicken Noodle Soup Mains: Tandoori-Style Chicken, Masala Braised Pork Vegan: Aloo Chana Tomato Curry Sides: Steamed White Rice, rice & beans, Spiced Corn, Green Beans Masala
	Thursday 11 th December Cayman Homestyle Feast	Cream of wheat porridge - \$3.25 Breakfast Special: Ackee & Saltfish, Steamed callaloo and Fritter- \$8 Sides: Bacon, cabbage, x2 fritters, boiled banana and boiled dumplings \$3.00 Scrambled Eggs or x2 Boiled Eggs \$4.00	Chicken and Corn Soup Mains: Garlic & Thyme Roast Chicken, Pepper Steak Vegan: Coconut Lentil Stew Sides: Rice & Beans, Sweet Potato Mash, Fried Plantain, Mixed Vegetables
	Friday 12 th December Rustic Island Classics	Oatmeal porridge - \$3.25 Breakfast Special: Scrambled or 2x boiled eggs, turkey sausage or bacon and pancake - \$8 Sides: Turkey sausage or bacon or potato \$3.00 Scrambled Eggs or x2 Boiled Eggs \$4.00	Roasted Pumpkin Soup Main: Fricassee Chicken, Pork Creole Stew Vegan: Creole Vegetable Rundown Sides: Rice and Beans, steamed rice, Corn Cob, plantain, Callaloo & Pumpkin Medley



*Allergens: All Rice and Rice & Beans served are DF, GF, V | All vegetables are DF, GF unless butter is mentioned| Fried Chicken/Fish contains Gluten| Cream sauces contain Dairy & Gluten except for Vegan ones | Soups with dumplings & noodles contain Gluten.



