



Government Admin Building Daily Lunch Menu

Monday, April 14

- Chicken Noodle Soup - \$4.50/5.50
- Mains: Jerk Chicken, BBQ Pulled Pork - \$9/\$12
- **Vegan: Chickpeas & Pumpkin Curry** - \$9/\$12
- Sides: Rice and Beans, fried plantain, Corn Bread Muffins, Steamed Cabbage & Carrots

Tuesday, April 15

- Red Bean with Beef Soup - \$4.50/5.50
- Mains: Pepper Steak, Rotisserie Chicken - \$9/\$12
- **Vegan: Tofu Pepper Steak** - \$9/\$12
- Sides: Steamed rice, rice & beans, Steamed Broccoli and Cauliflower, fried plantain

Wednesday, April 16

- Chicken Noodle Soup - \$4.50/5.50
- Mains: Brown stew Beef, Chipotle chicken - \$9/\$12
- **Vegan: Chipotle Spiced Vegan Meatloaf** - \$9/\$12
- Sides: White rice, Rice and Gungo Beans, fried plantain, Steamed Vegetable

Thursday, April 17

- Chicken & Corn Soup - \$4.50/5.50
- Mains: Beef and Broccoli, Sweet and Sour Chicken - \$9/\$12
- **Vegan: Crispy Tofu & Broccoli Stir-Fry** - \$9/\$12
- Sides: Rice and Beans, Stir fried Noodles, fried plantain, Roasted Parsnip & Carrots

Friday, April 18

PUBLIC HOLIDAY

Extra: Protein \$5 AND Sides - \$3

- * All Rice and Rice & beans served is Dairy free, Gluten Free & Vegan.
- * All vegetables are dairy and gluten-free unless butter is mentioned.
- * Fried Chicken and Fried Fish contain Gluten.
- * Cream sauces are with Dairy and Gluten except for Vegan ones.
- * Soups with dumpling & noodles contain Gluten.