



George Town Hospital Daily Lunch Menu

Monday, October 28

- Breakfast Buffet - \$0.61/oz
- Oatmeal Porridge - \$3.25
- Chicken Noodle Soup - \$4.50/5.50
- Mains: Grilled Snapper, Fried Chicken, Falafel - \$0.61/oz
- Sides: Garlic Mash Potato, Rice & Beans, Sauteed Seasonal Vegetables - \$0.61/oz

Tuesday, October 29

- Breakfast Buffet - \$0.61/oz
- Cream of Wheat Porridge - \$3.25
- Red Bean w/ Beef Soup - \$4.50/5.50
- Mains: Escovitch Mahi, Curried goat, Brown Stew Mushroom - \$0.61/oz
- Sides: Steamed Rice, Steamed Vegetable, Plantain - \$0.61/oz

Wednesday, October 30

- Breakfast Buffet - \$0.61/oz
- Cornmeal - \$3.25
- Chicken Noodle Soup - \$4.50/5.50
- Mains: Roast Beef, Cayman Style Mahi, Quinoa Stuffed Peppers - \$0.61/oz
- Sides: White rice, Sauteed Cabbage & Carrots, Plantain - \$0.61/oz

Thursday, October 31

- Breakfast Buffet - \$0.61/oz
- Cream of Wheat Porridge - \$3.25
- Chicken & Corn Soup - \$4.50/5.50
- Mains: Brown Stew mahi, Fricassee Chicken, BBQ Cauliflower - \$0.61/oz
- Sides: Sauteed Broccoli & Carrots, Rice and Beans, Plantain - \$0.61/oz

Friday, November 1

- Breakfast Buffet - \$0.61/oz
- Oatmeal Porridge - \$3.25
- Roasted Pumpkin Soup - \$4.50/5.50
- Mains: Jerk Pork ribs, Curried Sea food, sweet chili tofu - \$0.61/oz
- Sides: Rice & beans, steamed vegetables, roasted potato bliss - \$0.61/oz

* All Rice on Menu is dairy and gluten free.

*All Vegetables if not stated has butter in description is dairy and gluten free.

* Fried Chicken and Fried Fish contains Gluten.

* Cream Sauces are with Dairy and Gluten except for the vegans.

* Soups carry dumpling & noodles which has gluten.