

lunch menus

Please note that ALL menus can be customized to your preference

menu 1

West Indian Curry Chicken
Seared Steak Fish w/Zesty Basil Butter
Saffron Rice
Creamy Garlic Mashed Potatoes
Grilled Plantain w/Cinnamon Sugar
Classic Garden Salad

Sweet Treat

Rich Dark Chocolate Gateaux

menu 2

Lime-Honey Glazed Chicken
Bajan Style Flying Fish w/Tartar Sauce
Bajan Peas & Rice
Parmesan Roasted Potatoes
Medley of Fresh Garden Vegetables
Creamy Cole Slaw

Sweet Treat

Caramel-Apple Upside-Down Cake

menu 3

White Wine Chicken
Old Fashioned Beef Stew
Split Peas & Rice
Cheesy Macaroni Pie
Balsamic Roasted Vegetables
Creamy Cole Slaw

Sweet Treat

Tropical Fruit Salad

menu 4

Honey-Soy Glazed Chicken
Crispy Fried Steak Fish w/Tartar Sauce
Mixed Vegetable Pilaf
Cheesy Twice Baked Potatoes - (Topped
with Chives & Bacon *Optional)
Medley of Fresh Garden Vegetables
Mixed Green Leaf Salad

Sweet Treat

Vanilla Fruit Trifle

Coffee, Tea and a variety of Juices & Soft Drinks are available at an additional cost

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menu 5

Herb Roasted Lamb Chops w/Mint Jelly
Pan-Seared Steak Fish w/Teriyaki Glaze
Classic Scalloped Potatoes
Black Beans & Rice
Oven Roasted Vegetables w/Fresh Herbs
Healthy Garden Salad w/Zesty Lemon Dressing

Sweet Treat

Individual Cheesecake

menu 6

Crispy Roasted Pork Leg w/Crackling &
Apple Sauce
Sweet 'n Tangy BBQ Chicken
Parsley Garlic Roasted Potatoes
Cheesy Macaroni Pie
Sautéed Fresh Vegetables
Creamy Cole Slaw

Sweet Treat

Pineapple Upside-Down Cake

menu 7

Garlic-Rosemary Roasted Chicken
Creole Flying Fish or Creole Cod Fish
Cornmeal w/Okra Cou-Cou or Bread-Fruit
Cou-Cou

Mixed Vegetable Pilaf
Thyme Roasted Sweet Potatoes
Grilled Plantain

Sweet Treat

Caribbean Bread Pudding w/Vanilla
Custard or Rum Sauce

menu 8

Traditional Sweet & Sour Pork
Honey-Garlic Orange Chicken
Chinese Vegetable Fried Rice w/Egg*Optional
Chowmein or Lo Mein
Chinese Vegetables & Hoisin Stir Fry
Pork Wonton or Vegetable Spring Roll
Medley of Fresh Garden Vegetables
Mixed Green Leaf Salad

Sweet Treat

Mango Pudding

Coffee, Tea and a variety of Juices & Soft Drinks are available at an additional cost
