



## COFFEE BREAK MENU OPTIONS

### Fruits/Vegetable Options:

- Fruit Platter
- Fruit Kebabs
- Vegetable Platter

### Sandwiches:

- Cheese Sandwiches
- Tuna Sandwiches
- Corned Beef Sandwiches
- Chicken Sandwiches

### Pastries:

- Cookies
- Bread Pudding
- Plantain Tarts
- Banana Bread
- Carrot Cake
- Plain Cake

### Juice:

- Fruit Punch
- Orange Juice
- Pineapple Juice
- Cherry Juice

Hot Beverages: \*Coffee\*Tea\*Ginger \*Peppermint \*Hot Chocolate \*Milo \*Horlicks

## LUNCH MENU OPTIONS

### CHICKEN:

Barbecued Chicken

Fricasse or Brown Stew Chicken

Stew Chicken

Chinese Roasted Chicken

Jerked Chicken

Baked Chicken

Honey Glazed Chicken

### FISH FILLET:

Sweet & Sour Fish

Escoveitched Fish

### PORK:

Jerked Pork

Stewed Pork

Barbecued Pork

### MUTTON:

Curried Goat

### BEEF:

Roast Beef

Stew Beef

VEGETARIAN:

Sweet & Sour Tofu

Lentils Meatball (Sweet & Sour/BBQ)

Curried Lentils

Vegetable Chop Suey

ACCOMPANIMENTS/SIDES

Rice & Peas

Garden Rice

Fried Rice

Potato Salad

Pasta Salad

Macaroni & Cheese

Fried Plantain

VEGETABLE

Tossed Vegetable Salad

Steamed Vegetable

Oven Roasted Vegetables

DESSERT

Plain Cake

Bread Pudding

Potato Pudding

Rum Cake

Ice-Cream