

# SunVillas – Jamaica Villa Menu Suggestions

## Lunch Menu Suggestions

<p>#1 Lobster Salad (either Curried <i>or</i> Plain) Sliced Cucumbers Cornbread or Corn Muffins</p>	<p>#2 Grilled Chicken on Greens Marinated Tomato and Cheese Salad Plantain Tarts</p>
<p>#3 Cheese &amp; Callaloo Quiche <i>or</i> Lobster Quiche Marinated Bean Salad Breadfruit Chips or Potato Chips</p>	<p>#4 Sliced Lamb &amp; Pasta Salad Green Salad Raisin Bran Muffins</p>
<p>#5 Peppers Stuffed with Beef &amp; Cheese Coleslaw Homemade French Fried Potatoes</p>	<p>#6 Chicken Salad (either Curried <b><i>or</i></b> Plain) Potato Salad Green Salad</p>
<p>#7 Fish Salad with Greens Pasta Salad Raisin Bread Cheese</p>	<p>#8 Cheese &amp; Callaloo Crepes <b><i>or</i></b> Lobster Crepes Tomatoes Stuffed with Rice Banana Bread</p>
<p>#9 <b>(Picnic Lunch):</b> Fried Chicken Cold Curried Vegetables Banana Bread Sliced Fruit</p>	<p>#10 Sweet &amp; Sour Meatballs on a bed of White Rice Curried Vegetable Salad</p>
<p>#11 Mixed Green Salad with Tunafish Pineapple or Orange Muffins</p>	<p>#12 Jerk Chicken Lunch</p>
<p>#13 Shredded Chicken Salad on White Rice with a Fruit Salsa Garnish Garden Salad Corn Muffins</p>	<p>#14 Teriyaki Chicken Crispy Potato Crepes Mixed Green Salad Banana Muffins</p>
<p>#15 Mixed Sandwiches Grilled Tomato Halves Banana Bread</p>	<p>#16 Jamaican Patties (meat and seafood) Homemade French Fried Potatoes Garden Salad</p>

## Dinner Menu Suggestions

<p>#1 Pumpkin Soup Roast Chicken Rice &amp; Peas Callaloo with Red Peppers Corn Fritters Key Lime Pie</p>	<p>#2 Cabbage Soup Stuffed Lobster Scalloped Potatoes Seasonal Vegetables Fried Plantains Coconut Cream pie</p>
<p>#3 Red Pea Soup Sliced Leg of Lamb Browned Potatoes Steamed Carrots &amp; Green Beans Carrot Cake</p>	<p>#4 Cold Tomato Soup Stuffed Baked Fish with White Wine Sauce Rice &amp; Peas Cho-cho (a squash) with Cheese Sauce Fried Eggplant Chocolate Cake</p>
<p>#5 Cold Tomato Soup <u>or</u> Lobster Cocktails Curried Chicken On a bed of White Rice Steamed Vegetables Fried Plantains Orange Cake</p>	<p>#6 Creamed Potato Soup Grilled <u>or</u> Curried Lobster Herbed White Rice Glazed Carrots Corn Fritters Coconut Pie</p>
<p>#7 Vegetable Soup Pepper Steak Baked Stuffed Potatoes Steamed Cabbage Fried Eggplant Caramel Custard (Flan)</p>	<p>#8 Green Pea Soup Steamed Fish with Creole Sauce Herbed White Rice Seasonal Vegetables Corn Fritters Fruit Custard</p>
<p>#9 Pumpkin Soup Pork Chops Baked Potatoes Seasonal Vegetables Fried Plantains Rum Cake with Vanilla Ice Cream</p>	<p>#10 Pepper Pot Soup Barbequed Fish <u>or</u> Barbequed Chicken Fried Rice Cole Slaw Ice Cream with Seasonal Fruit</p>
<p>#11 Vegetable Soup Chicken in Peanut Sauce Fried Rice Stir-fried Mixed Vegetables Fried Eggplant Pumpkin pie</p>	<p>#12 Red Pea Soup Fish in Puff Pastry with White Sauce Spanish Rice Glazed Carrots Fried Eggplant Ice Cream with Seasonal Fruit</p>

<p>#13  Fresh green Salad  Broiled Honey Chicken  Jacket Potatoes  Callaloo with Red Peppers  Pumpkin Fritters  Jamaican Rum Cake</p>	<p>#14  Cold Gazpacho Soup  Spanish Chicken  Fried Rice  Steamed Cucumbers  Fried Plantains  Key Lime Pie</p>
<p>#15  Creamed Potato Soup  Ginger Lobster <u>or</u> Chicken  Steamed Bok Choy &amp; Carrots  Herbed White Rice  Corn Fritters  Coconut Pie</p>	<p>#16  Corn Chowder  Fish  Seafood Rice  Mixed Garden Vegetables  Fried Plantains  Bread Pudding with Rum Sauce</p>
<p>#17  Fresh green salad  Seafood Newberg on a bed of Rice  Chinese-style vegetables  Fried Plantains  Key Lime Pie</p>	<p>#18  Minestrone Soup  Breaded Pork Tenderloin  Potatoes  Glazed Carrots  Pumpkin Fritters  Coconut Pie</p>
<p>#19  Red Pea Soup  Curried Shrimp  Rice with diced carrots  Stir-fried Vegetables  Fried Eggplant  Carrot Cake with Orange Sauce</p>	<p>#20  Cream of Onion Soup  Chicken Fricassee  Herbed White Rice  Market Vegetables  Corn Fritters  Pineapple Upside down cake</p>
<p>#21  Sliced tomatoes on leaf lettuce  Parmesan Chicken  Baked Potatoes  Steamed Carrots and Green Beans  Ice cream with seasonal fruits</p>	<p>#22  Pumpkin Soup  Jamaican Chicken  Herbed White Rice  Callaloo with Red Peppers  Baked Bananas</p>

<b>Other possible dinner entrees:</b>	
#23 Curried Goat	#24 Steak (please be aware that Jamaican beef is not the quality of U.S. beef)
#25 Conch (if available)	
<b>Jamaican Dishes</b>	
#25 Salad( chef choice) Jerk Lobster Baked potatoes or cream potato Cauliflower with cheese sauce or garlic green beans Lemon meringue pie	#26 Cream red( kidney beans) pea soup Jerk pork/chicken Candid sweet potatoes or rice and peas or seasoned rice Seasonal vegetables Banana flambé with ice cream
#27 Vegetable soup Brown stew chicken Plain rice or rice and peas Toss salad or steamed vegetable Chocolate cake	#28 Fish tea( soup) Brown stew fish Pan fried potatoes or stuffed baked potatoes Sweet corn on the cob Carrot cake
#29 Cream of pumpkin soup Curried goat Plain rice Salad Key lime pie	

Please be aware that the following kinds of fish are often available: yellowtail, snapper, jack, kingfish, bonito, tuna. If you have any preferences, you might wish to discuss them with the cook.