



BBQ CHICKEN DINNER

BBQ chicken with rice, veggie dish and garden salad.

STEW & RICE DINNER

Choice of beef stew or vegetable stew with peas and rice and garden salad.

CURRY CHICKEN FEAST

Curry chicken served with rice, chef's special vegetarian dish and house salad.

SUNDAY FAMILY DINNER

Pork chop or baked chicken served with vegetarian pasta, vegetable rice and pasta salad

PASTA NIGHT

Choice of meatball pasta or vegetarian meatball served with house salad.

BAKED FISH DINNER

Oven-baked fish with tofu chickpea stew, peas, plain rice and steamed vegetables.

ISLAND JERK DINNER

Choice of jerk chicken or jerk veggie chunks with rice and peas and garden salad.

Caloric Reference Statement: Daily caloric needs for an adult can range widely typically from 1,600 to 2,400 kcal per day depending on body size, health status, and level of physical activity. The commonly referenced guideline of 2,000 kcal per day is a general benchmark used for nutrition labeling and may not reflect individual requirements.

Allergen Disclaimer: Cold cereal or oatmeal, toast with boiled eggs, baked beans, ham, butter, cream cheese, peanut butter, juice, coffee and tea.

Therapeutic Diet Statement: Modified texture, therapeutic, vegetarian, vegan, gluten-free, and medically prescribed diets are available upon request.

