

CHICKEN

- **Chicken:** Fried; Jerk; Curry; Roasted; or, Smothered
- **Chicken Wings:** BBQ; Buffalo; Fried; Jerk; or, Lemon-Pepper
- Chicken Pot Pie
- General Tso Chicken

SEAFOOD

- **Salmon:** Steamed; Grilled; or, Stuffed
- **Shrimp:** Fried; Stuffed; or, Scampi
- Crab cakes



BEEF

- Oxtails
- Meatloaf

SALADS

- Pasta Salad
- Tossed Salad
- Potato Salad
- Tuna Macaroni Salad

SIDES

- Macaroni & Cheese
- Garlic Mashed Potatoes
- Candied Sweet Potatoes
- Rice: Red, Yellow, Brown or with Peas

- Chicken Stuffing
- Collard Greens
- String Beans
- Cabbage & Kale

PORK

- **Pork:** Roasted; Jerk
- **Pork Chops:** Smothered or Fried
- **Ribs:** BBQ; Dry Rub; or, Jerk
- Pernil
- Honey Glazed Ham

PASTA

- **Lasagna:** Beef, Turkey, Vegetable or Seafood
- Baked Ziti
- **Rasta Pasta:** Chicken, Shrimp, or Vegetable

- Sweet Corn
- Sweet Plantains
- Cod Fish Cakes