



## Menu

### Chicken Dishes

#### **Jerk Chicken**

*Homemade jerk chicken with turmeric rice, Sautéed Spinach & Tomatoes*

#### **Cajun Chicken**

*Cajun chicken Breast served with Roasted New Potatoes, Broccoli & Peppers*

#### **Caribbean Chicken**

*Caribbean Chicken with Coconut Rice, Broccoli & Roasted Mushrooms*

#### **Garlic Chicken**

*Garlic Chicken with Roasted New Potatoes, Cajun Mushrooms & Green Beans*

#### **Spanish Chicken**

*Spanish Chicken with Sweet Potato, Broccoli & Roasted Tomatoes*

## Fish Dishes

### **Sweet Chilli Salmon**

*Sweet Chilli Salmon with New Potatoes served with Broccoli & Roasted mix peppers*

### **Peppered Mackerel**

*Peppered Mackerel with Scrambled Eggs, White Rice, Tomatoes & Spinach*

## Vegetarian Meals

### **Vegan Italian Meatballs**

*Meat free Meatballs in a Homemade Tomato Sauce with Tomatoes & Spinach*

### **Vegan Sausages**

*Meat Free Sausages with Roasted New Potatoes, Broccoli & Cajun Mushrooms*

### **Vegan Dahl**

*Curried Lentils with Spinach, Tomatoes & Bombay Potatoes*