

# MAINS/ACCOMPANIMENTS

## MAINS

- Grilled Chicken embedded with Baby Carrots
- Jerk Chicken
- Asian Chicken Masala
- Chicken Fillets with Tomatoes
- Stewed Chicken
- Chicken in Red Wine Sauce
- Thai Green Chicken Curry
- Spicy Chicken Koma
- Assorted Meat
- Stewed Beef
- Roast Rib of Beef
- Designer Stew
- Ayamase
- Egusi Soup
- Efo Riro
- Gbegiri and Ewedun
- Lamb Braised with Herbs
- Moroccan Spicy Lamb Tagine in Honey and Tomato Sauce
- Brown Stew
- Jerk Pork
- Pork Chops
- Caribbean Curry Goat
- Rack of Lamb with Herbs Crust
- Lamb Shanks garnished with mixed peppers
- Fresh Fish Stew
- Poached Fillet of Salmon
- Salmon in Ginger & Mango Sauce
- Escovitch Fish
- King Prawn Curry
- Whole Spicy Grilled Fish
- Whole Dressed Salmon

- Fish Steak garnished with mixed peppers
- Ackee & Salt Fish
- Peppered Snapper
- Jerk Vegetable
- Beef or King Prawns in Black Bean Sauce
- Steamed Fillet of Salmon infused in Red Curry Sauce

## ACCOMPANIMENTS

- Jollof Rice
- Steamed Jasmine Rice
- Coconut Rice
- Moin-Moin
- Yam Pottage
- Fried Rice
- Couscous
- Pounded Yam
- Amala
- Ewa Aganyin with Togolese Sauce
- Ewa Asepo with Sweetcorn
- Steamed Green Bananas
- Boiled Yam
- Rice and Peas
- Pilau Rice
- Kelewele
- Tuwo (Cornmeal)
- Roast Baby Potatoes
- Vegetables Chow Mein
- Fried Plantain
- Waakye (Rice & Black-Eyed Beans)
- Roti Skin
- Hard Dough Bread
- Spiced Pumpkin

## **MAINS/ACCOMPANIMENTS (CONT)**

- **Singapore Rice Noodles**
- **Caribbean Lentils Beans**
- **Selection of Vegetable Stir-Fry**
- **Steamed Mixed Vegetables with Herbs Butter**
- **Penn Pasta with Tomato Sauce**
- **Aromatic Chickpea Tagine**
- **Sweet Potato Mash**

