

Soups

Roasted Butternut Squash Cream Hot and Sour with Tofu Tortilla with Avocado Slices Black Bean with a Cumin Sour Cream Swirl Creamy Potato Curry Cold Avocado with Plantain Sticks Cold Papaya Lime Seafood Bisque Thai Coconut Shrimp Chinese Egg Drop

Salads

Mixed Caribbean Fruit over Arugula with a Balsamic Reduction Mixed Greens and Plantain Chips with a Mango Vinaigrette Traditional Caesar with Papaya Croutons Spinach and Bacon with a Blue Cheese Sauce Grilled Romaine Hearts with Tomato and Feta Grilled Churasco and Romaine Hearts with a Goat Cheese Dressing

Chicken

Chicken Marsala with Portobello Mushrooms Pan Seared Chicken Breasts in Roasted Red Pepper Cream Sauce Chicken Parmesan Chicken Piccata Chicken Florentine in Spinach Chardonnay Cream Caribbean Jerk Chicken Medallions Grilled Chicken Breast with a Lemon Pepper Butter Sauce Chicken Alfredo over Penne Pasta Poached Chicken in Coconut Cream with a Mango Chutney



Vegetarian

Linguine with Roasted Garlic Butter, Sun-Dried Tomatoes and Zucchini Roast Garlic Alfredo over Rotini Eggplant Parmesan Lasagna with Broccoli and Eggplant Four Cheese Ravioli with a Roasted Butternut Squash Cream Sauce

SIPES

Green Beans and Sun-Dried Tomatoes with Olive oil and Garlic Baked Sweet Potatoes with Roasted Garlic Molasses Butter Sautéed Red Potatoes with Shallots and Bacon Brown Rice and Mushrooms Creamy Roasted Garlic Mashed Potatoes with Sour Cream and Chives Sautéed Green Beans and Mushrooms Roasted Red Potatoes with Red Peppers, Onions, Fresh Garlic and Olive oil Fresh Asparagus and Prosciutto Sautéed in Garlic and Olive oil Sautéed Broccoli, Zucchini, Cauliflower, Peppers, Garlic and Olive oil Sesame Green Beans and Almonds with Herb Butter Au Gratin Potatoes Plantain and Yucca Mash Puerto Rican Style Rice and Beans Rice Pilaf



Meat

Roasted Red Peppered Encrusted Pork Loin with Bourbon Gravy Braised Pork Shank with Osso Bucco Sauce Spicy Asian Baby Back Ribs Apple Cranberry Pork Loin Stuffed with Dried Fruits and Herbs Sesame Encrusted Pork Tenderloin with a Hoisin Glaze Apple Grilled Center Cut Pork Chop with a Cranberry Red Wine Reduction Papaya Braised Skirt Steak with an Avocado Lime Sauce Beef Tenderloin with a Mango Garlic Reduction Filet Mignon Medallions with a Red Wine Reduction Szechuan Style Beef Tenderloin and Broccoli Beef Sirloin Stir-Fry in an Orange Soy Sauce Filet Mignon Wrapped in a Puff Pastry with a Brandy Cream Sauce

Fish

Pan Seared Scallops with a Sesame Soy Sauce Reduction Herb Crusted Ahi Tuna with Guava Amaretto Sauce Mahi Mahi with Caribbean Fruit Chutney Pan Seared Salmon with a Lemon-Herb Ginger Butter Shrimp and Broccoli with a Spicy Thai Peanut Sauce Blackened Grouper with a Veracruz Sauce Blackened Shrimp with Coconut Mole Grilled Swordfish with a Guava BBQ Sauce Shrimp or Crawfish Etouffee Poached Salmon with Lemon and Dill Butter Grilled Corbina with Honey Chipotle Glaze Grilled Halibut with Mango Cilantro Salsa Sautéed Mahi Mahi with Coconut Red Curry Sauce Grilled Swordfish with Chili Verde Sauce Pan-Fried Grouper with Chili Tomato Chutney Broiled Lobster with Papaya Lime Butter