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# Bon Appetit

## SAMPLE MENU

### MEAL #1

#### BEEF & BROCCOLI Steamed Jasmine Rice

*rice, parsley, beef stew steamed broccoli, butter, olive oil, garlic*

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### MEAL #2

#### Easy Fish Creole

*White fish, stewed tomatoes, creole seasoning, scotch bonnet pepper, lemon*

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### MEAL #3

#### Vegetable Lasagna

*Spinach, belle peppers, zucchini, ricotta cheese, mozzarella cheese, tomatoes sauce*

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### MEAL #4

#### Poulet Bouree/ Oven Roasted chicken

*Whole chicken, smoked paprika, dry mustard, seasoning, white wine, carrot, celery,*

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### MEAL #5

#### Beef Legumes/ Eggplant Stew

*Eggplants, beef, cabbage, spinach, carrots, bell pepper, onion, olive oil*

