



## SEABED Fusion Cycle Lunch Menu

**\$20 USD Per Person buffet style, any 2 proteins of choice, a side and vegetables, meals will be served in Eco Friendly disposable plates with the use of eco friendly forks and knives.**

**Silverware will be available upon request.**

*Maintaining: 1 Jamaican + 2 International Proteins Daily*

### Week 1

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>Jerk Chicken</i>	<i>Brown Stew Fish</i>	<i>Curry Goat</i>	<i>Escoveitched Snapper</i>	<i>Braised Oxtail</i>
<i>Roast Beef</i>	<i>Italian Chicken Cacciatore</i>	<i>Teriyaki Chicken Thighs</i>	<i>Beef Stragnoff</i>	<i>Baked White Fish</i>
<i>Honey Garlic Pork Shoulder</i>	<i>Beef Chuck Stew</i>	<i>Garlic Herb Roast Pork</i>	<i>Lemon Roasted Chicken</i>	<i>Pork Schnitzel</i>
<i>Ital Stew Peas w/ coconut and pumpkin</i>	<i>Efo Riro</i>	<i>Maple Roasted Root Veggies w/Lentil Ragout</i>	<i>Vegetable Fried Rice</i>	<i>Chana Masala</i>

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<i>Garlic Mashed Potatoes</i>	<i>Creamy Polenta</i>	<i>Spanish Rice</i>	<i>Buttered Egg Noodles</i>	<i>Mashed Potato</i>
<i>Seasoned Rice Pilaf</i>	<i>Herb Rice</i>	<i>Roasted Potatoes</i>	<i>Mashed Sweet Potatoes</i>	<i>Rice and Peas</i>
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>
<i>Steamed Cabbage and Carrots</i>	<i>Sauteed Spinach</i>	<i>Stir Fried Mixed Vegetables</i>	<i>Sauteed Cabbage</i>	<i>Roasted Cauliflower</i>
<i>Roasted Pumpkins</i>	<i>Glazed Carrots</i>	<i>Steamed Broccoli</i>	<i>Steamed Green Beans</i>	<i>String Beans Medley</i>



**Week 2**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>Peppered Steak</i>	<i>Stew Peas</i>	<i>Jerk Pork</i>	<i>Fried Chicken</i>	
<i>Moroccan Chicken</i>	<i>BBQ Chicken</i>	<i>Chicken Alfredo</i>	<i>Brown Stew Fish</i>	
<i>Garlic Butter Shrimp</i>	<i>Lemon Baked Fish</i>	<i>Beef Kofta</i>	<i>Honey Soy Chicken</i>	
<b>Accompaniment</b>	<b>Accompaniment</b>	<b>Accompaniment</b>	<b>Accompaniment</b>	
<i>Chana Masala (V)</i>	<i>Jollof Rice (V)</i>	<i>Vegetable Yakisoba (V)</i>	<i>Vegetable Fried Rice w/Tofu (V)</i>	
<i>Cous Cous</i>	<i>Herb Coconut Rice</i>	<i>Fettuccine</i>	<i>Mashed Potato</i>	
<i>Potato Gratin</i>	<i>Scalloped Potato</i>	<i>Garlic Roasted Potatoe</i>	<i>Cous Cous</i>	
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	
<i>Ratatouille</i>	<i>Roasted Root Vegetables</i>	<i>Broccoli and Carrots</i>	<i>Glazed Carrots</i>	



<i>Steamed Peas</i>	<i>Sauteed Green Beans</i>	<i>Grilled Eggplant</i>	<i>Sauteed Beans</i>	
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