MEAL COURSES

Name:_____ Date:_____ Grade:_____

1. Use the dishes in the box to Plan a ONE COURSE meal to be served as lunch at a high school cafeteria.

Smothered porkchops	Baked Macaroni and Cheese	Caesar Salad
Lettuce and tomato	Peas n rice	Honey Garlic Wings
Tropical Punch	Goombay Punch Soda	Water

- Protein dish/main dish_____
- Carbohydrate_____
- Non starchy Vegetable_____
-
- Beverage_____



LIVEWORKSHEETS

2. Plan a TWO COURSE meal to be served as lunch at a high school cafeteria, include an appetizer.

conch Chowder	Cracked Chicken	French Fries	buffalo wings
Curry Chicken	Sweet Corn	mango smoothie	mixed vegetables
white Rice	Tropical Punch	Tossed Salad with Ranch Dressing	
Conch Fritters	Lemonade	Cheesecake	



- Appetizer _____
-
- Protein dish/main dish_____
- Carbohydrate_____
- Non starchy Vegetable_____
-
- Beverage_____



LIVEWORKSHEETS

3. Plan a two -course meal to be served at a pre-school.

Cracked Chicken Tenders	french Fries	buffalo wings
Sweet Corn	Mango Smoothie	mixed vegetables
white Rice	Tropical punch	Sauteed Cheesy Broccoli and Carrots
Lemonade	Oreo Cheesecake	Barbeque Chicken

- Protein dish/main dish_____
- Carbohydrate_____
- Non starchy vegetable_____
-
- Dessert_____
- Beverage_____





LIVEWORKSHEETS

4. Your family is entertaining your elderly grandparents who are visiting from another island. Plan a THREE course meal for your guests.

Cracked chicken Tenders buffalo wings Creamy Conch Chowder

Garlic Mashed Potatoes Mango Smoothie Mixed Vegetables

white Rice Tropical punch Sauteed Cheesy Broccoli and carrots

Lemonade Cheesecake Barbequed Chicken

Pineapple Upside Down Cake



- Appetizer _____
-
- Protein dish/main dish_____
- Carbohydrate_____
- Non starchy Vegetable_____
-
- Dessert_____
-
- Beverage_____





LIVEWORKSHEETS

5. Your family is entertaining first time visitors to your island. Plan a ONE course meal for the guests.

Fried fish Cracked Conch Baked macaroni and Cheese

Plantain Ginger lemonade Guava Duff Fruit Salad

Crab and Rice Spaghetti and Meatballs

Calypso Coleslaw Mango Daiquiri

- _____
- _____
- _____
-
- _____



LIVEWORKSHEETS