

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 _____



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 _____



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_____



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 _____



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

▶ _____

▶ _____

▶ _____

▶ _____

▶ _____

