

Prospect Villas Meal Plan Menu

Breakfast

Jamaican Style

Ackee & codfish (or the seasonal option) with
Boiled Green bananas, avocado and Johnnie cakes
Jamaican Blue Mountain coffee

American Style

Bacon, ham or sausages, eggs any style
muffins or pancakes or French toast.

All the above served with cereal, fresh fruits, juice, tea, coffee, milk and toast.

Lunch

Roast Beef on toasted bread, served with lettuce, tomatoes & onions

Tuna mix with mayonnaise and spices served on fresh sliced bread

Turkey breast with mixed vegetables on fresh bread

Ham and cheese served with fresh vegetables

Grilled chicken breast with onion rings and fresh garden vegetables

Hamburgers/Hot Dogs Served with French fries and salad

Grilled Chicken Salad

Tuna Fish Casserole

Canapés

Baked shredded coconut chips

Breaded Shrimps with cocktail sauce

Lobster canapés with celery on toast

Cheese sticks

Cucumber canapés with tuna or salmon

Bacon wrapped plantains

Ham on toast

Fish fingers with honey

Appetizers

Jamaican hot pepper soup

Cream of broccoli soup

Red Peas soup

Fish cakes with tartar sauce

Shrimp cocktail with dipping sauce

Shrimp with cream cheese sauce on a bed of lettuce

Chicken and corn soup

Cream of pumpkin soup

Ackee cups

Greek Island salad

Shrimp in papaya boat

All soup served with fresh rolls

Entrées

Orange Pork Chops

Served with candied sweet potatoes OR
Baked potato

Pot Roast Pork

Served with rice & peas and vegetable salad

Grilled Fillet Steak

Served with rice OR baked potato, vegetables

Grilled Beef Sirloin & Mushrooms

Served with herb roasted potatoes and
Mixed vegetables

Herb Roasted Leg of Lamb with Mint Jelly

Served with fried potatoes and steamed
Vegetables and fried plantains

Lobster Au Gratin

Served with potatoes O'Brien, glazed carrots,
Stuffed tomatoes

Jamaican Style Escovitch Fish

Served with rice & peas OR creamed potatoes
Steamed vegetables

Curried Goat

Served with white rice, tossed vegetables and
Fried plantains

Stuffed Chicken Breast

Served with honey glazed carrots, creamed
Potatoes & mixed vegetables

Barbecue Spare Ribs

Served with seasoned rice, festival, fried
Plantains and vegetables

Pork Chops Jamaican Style

Served with rice & peas, cauliflower,
broccoli in cheese sauce, tossed salad

Jamaican Jerk Pork

Served with festival/roasted breadfruit and
steamed vegetables

Roast Beef

Served with rice & peas, vegetables

Lamb Chops with Mint Sauce

Served with baked potatoes, steamed
vegetables and fried plantains

Curried Lobster (SEASONAL)

Served with white rice and tossed salad

Jumbo Shrimp & Onion on Skewers

Served with baked potatoes, tossed salad

Battered Fish Fillet

Served with festival OR fries, mixed vegetables

Jamaican Jerk Chicken

Served with roasted breadfruit and steamed
vegetables

Roasted Cornish Hens in White Wine

Served with caramelized carrots, salad and
baked potatoes

Vegetarian Dishes

Vegetable Chili with Red Beans
Veggie Mince lasagna
Spaghetti and tofu in tomato sauce
Veggie chunks stewed with broad beans
& coconut milk

Stewed beans with vegetables
Veggie mince shepherd pie
Mushroom and Rice Casserole

Pasta

Spaghetti with Red Wine Meat Sauce
Chicken Pasta Salad
Spaghetti with Fresh Basil and Tomatoes

Spaghetti and Meatballs
Pasta with Spring Vegetables
Fuseli in Cheese Sauce

Desserts

Coconut Cream Pie
Chocolate Cake & Ice Cream
Bananas Foster & Ice Cream
Pineapple upside-down cake
Chocolate Brownies & Ice Cream

Key Lime Pie
Lemon Pudding
Fresh fruit salad & Ice cream
Strawberry Cheese Cake
Vanilla Cream Pie

Prospect Villas Meal Plan

- Meal Plan costs US\$50 per adult per day and US\$25 per child per day.
- Plan includes breakfast, lunch and dinner. **It does not include alcoholic drinks, snacks or baby food.**
- Guests are required to select **one main course** for the group per night.
- We can purchase alcohol on your behalf with a 10% service charge.
- The Meal Plan covers one lobster and one shrimp main course per week.
- Additional lobster and shrimp main courses will incur a cost of \$20 per person.
- Prices are subject to change without prior notice.