

Monday: A Taste of Asa

Cream of Pumpkin Soup/Garlic Bread

Salad Bar/ Assorted Dressings

Spicy Green Rice

(White Rice cooked with Local Herbs and Patchoi)

Oriental Noodles

(Tendered Boiled Egg Noodles mix with Garlic, Oyster and Plum Sauce)

Oven Steamed Vegetables

Creole Stewed Chicken with tomato and weed onions

Crispy Fry Fish in Tomato Sauce

Dessert : Coconut Frosted Chocolate Cake drizzle with Chocolate Syrup / Fresh fruits

Tuesday: Memories of my Day in a Nature Centre

Cream of Callalo Soup

Freshly Baked Whole wheat Rolls

Salad Bar/ Assorted Dressings

Assorted Provisions in scallions and Parsley sautéed in Butter

Vegetable Rice Pilaf

Smoked Red Beans

Sautéed Vegetables

Curry Stew Pork/ Baked Fish in Garlic Sauce

Dessert: Lemon Sponge Cake Frosted With rich chocolate Frosting/ Fresh Fruits

Wednesday: Dine with Nature

Fish Cakes With Chili Mayonnaise

Salad Bar / Assorted Dressings

Calypso Macaroni Pie

Garlic Mashed Potatoes

Tendered Grilled Vegetables

Assorted Beans

Valentine Week Buffet Lunches



Asa Wright Nature Centre & Lodge



PRICE: \$200.00 PER PERSON
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Website: www.asawright.org

Beef with Mushrooms

Grill Fish with Citrus Cream

Dessert-Chocolate Creamed Puffs Topped with chocolate syrup and whipped cream/

Fresh Local Fruits

Thursday: Feel at Home

Corn soup /Spinach Bread

Mom's provision oil down

Split peas Rice cooked in coconut milk

Steamed Vegetables

Tobago Pigeon Peas

Caribbean Lamb chops

Peppered Seafood cooked in tomato sauce

Dessert

Baileys Chocolate Mousse top with Crush Walnuts

Fresh Fruits

Friday: Lunch under the Trees

Bird Wings on fire/ Salad Bar /Caesar Salad

Parmesan Potatoes

Buttered Herbed Spaghetti

Vegetables au gratin

Spicy Stewed Lentils

Garlic Pork

Crispy Coconut crusted Fish served with Assorted Fruit salsa

Dessert- Fully Loaded Chocolate Cake/ Fruits