

Caribbean theme

Choose one from:	Sautéed new potatoes with garlic and rosemary.	Sautéed new potatoes with garlic and thyme.
Choose one from:	Stir fried rice with wild rice, ginger, garlic and peas	'Rice and peas' (stir-fried rice with wild rice, kidney beans, coconut milk and thyme).
Choose one from:	Chicken with mango, lime and coconut	Caribbean chicken with peaches and pineapples
Choose one from:	Jamaican beef curry (a mild curry using the same flavourings as curried goat)	Caribbean beef (with green pepper and pineapple)
Choose two from:	Jerk sweet potato and black bean curry	Vegetable korma (mild with almonds and coconuts)
	Stir fried colourful vegetables (mixed pepper, carrots, courgettes and red onions)	Thai green/red vegetable curry (made mild and flavoursome rather than spicy)