

ORANGE COUNTY (CA) ALUMNAE CHAPTER
DELTA SIGMA THETA SORORITY,
INCORPORATED

Caribbean Saturday with Chef Kay Bell

Meal: Curried Turkey Wings, Cabbage, Rice & Peas - Drink
Ginger Punch

Vegan Option - Portobello Mushroom Caps

Pescatarian Option - Salmon

- Protein: Turkey Wings - Salmon
- Produce: Cabbage, mixed Bell Peppers (bag of baby Bell Peppers), Potatoes (red or white) frozen Pineapples (1 bag) Onions, Rice, Kidney Beans,(can be canned) Portobello Mushroom Caps
- Seasonings: Fresh Thyme, Fresh Ginger, Bay Leaves, Curry Powder (Jamaican), Garlic Powder, Onion Powder, Salt & Pepper, Dried Thyme, Brown Sugar, Olive Oil
- Juices: OJ, Pineapple, Mango, Coconut Water (2 Cans)

Extra's: Ginger Ale, Black Tea

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