

■ Carnival's Sample

Luncheon Menu

STARTERS AND SALADS



Seasonal Fruit Platter

Jamaican Red Bean Soup

Chilled Curried Apple Soup

Medley of Garden and Field Greens

MAIN COURSES



Oven Fresh Focaccia

Chicken Caesar Salad

Spinach and Ricotta Cheese Ravioli

Fish n' Chips

Barbecued Baby Back Ribs

Create Your Own Burger

DESSERTS



Lemon Mousse

German Chocolate Cake

Cinammon Bread Pudding Chantilly

Ice Coupe Belle Helene

Ice Cream - Vanilla, Chocolate, Strawberry

Sherbet - Orange, Pineapple



Nautica Selections: These items are lower in calories, sodium, cholesterol and fat. Salads are prepared with diet dressing. Desserts are prepared with Sweet'n Low or NutraSweet instead of sugar.