

# Popular Jamaican Dishes



## Patties

Patties are the all-time Jamaican lunch favorite, made with spicy ground beef enclosed in pastry. Patties are also available with chicken, shrimp, lobster, soybeans, and vegetables. They are sold in patty shops all over the country. Everyone in Jamaica enjoys hot patties!



## Breadfruit

The breadfruit is a staple food in Jamaica that looks slightly like the jackfruit with a roundish oval shape and lumpy green skin. The tree grows only in warm climates throughout the Caribbean, the Pacific Islands and South Asia. These massive trees grow throughout Jamaica especially in the countryside.



## Fried Dumplings

Jamaican Fried Dumplings or "Johnny Cakes" are crispy on the outside and perfectly soft on the inside. They are the perfect comfort food. Jamaican Fried Dumplings are a popular food that can be eaten for breakfast, lunch and dinner.



## Jerk Pork

This is a very spicy dish in which the pork is marinated in a unique combination of herbs and spices including Jamaican pimento, thyme, scallions, and scotch bonnet peppers.

## Explore the Jamaican Aisle



Jerk Seasoning (Mild)



Jerk Seasoning (Hot)



Fufu Mix (Plantain)



Ackee in Brine



Classic Cream Crackers



Chicken Patties

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# JUNE JUNIO 2023

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SABADO
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Flag Day	15	16	17
18 Father's Day	19 Juneteenth	20	21 First Day of Summer	22	23	24
25	26	27	28	29 Eid-al-Adha	30	