















Ackees, chapatties
Dumplins an nan,
Channa an rotis
Onion uttapam,
Masala dosa
Green callaloo
Bhel an samosa
Corn an aloo.

Yam an cassava
Pepperpot stew,
Rotlo an guava
Rice an tofu,
Puri, paratha
Sesame casserole,
Brown eggless pasta
An brown bread rolls.





Soya milked muesli
Soya bean curd,
Soya sweet sweeties
Soya's de word,
Soya bean margarine
Soya bean sauce,
What can mek medicine?
Soya of course.

Soya meks yoghurt
Soya ice-cream,
Or soya sorbet
Soya reigns supreme,
Soya sticks liquoriced
Soya salads
Try any soya dish
Soya is bad.



