

Cultural Thursdays

Fall 2022

Every Thursday, lunch will feature a dish from around the world to give children an opportunity to taste and learn about cultures different from their own.

Week 1

Dominican Republic



The Dominican Republic is the second-largest Caribbean country and is also part of the continent of North America. Locals greet each other by saying "Buenos dias." Common foods include rice, beans, plantains, and stewed meat. Today's lunch will feature Pollo Guisado, which is a stewed chicken that is packed with color, flavor and veggies! This dish is a family favorite among locals and throughout Central and South America.

Week 2

Jamaica



Jamaica is a mountainous island in the Caribbean. Locals greet each other by saying "Wah Gwaan" which means, what's going on? Common foods include Ackee and Saltfish, Jerk chicken, Oxtail, Curry Goat/Chicken. Today's lunch features curry chicken, which is a classic West Indian dish comprising of a unique combination of savory and bright flavors.

Week 3

Phillipines



The Philippines is a country in Southeast Asia on the western Pacific Ocean, and consists of over 7000 islands. Locals greet each other by saying "kamusta" which means "hello". Some common ingredients used in Filipino cooking are vinegar, soy sauce, fish sauce, fermented fish, and bitter melon. Today's lunch features a native favorite called Adobo chicken, will give you a mixture of tangy, salty, garlicky and slightly sweet flavor all in one bite.

Week 4

China



China is the largest country in Asia and is considered the 3rd largest country in the world. With a population of 1.4 billion, China has more people than any other country on Earth. People in China greet each other by saying nǐ hǎo, which means "hello" or literally "you good." A typical Chinese meal usually consists of rice, soup, and three to four side dishes. Dishes are made of seasonal vegetables, fresh seafood, or bite-size portion of meat or poultry. Today's dish features beef lo mein, which is made of noodles, lean beef, vegetables, and a sweet and savory sauce.

