




Cultural Awareness Week's Menu

| Day | Dish | Explanation | Images |
|-----------|----------------------|---|---|
| Monday | Pasta Bake | <p>A true Italian classic, pasta bakes are considered comforting, easy to prepare and a firm favourite meal in Britain. It matters not whether you select a cheesy or tomato-based a selection of hot pasta bake will hit the spot!</p> |  |
| Tuesday | Chicken curry & Rice | <p>A popular dish originating from the Indian subcontinent. The chicken is marinated in curry sauce made with lots of herbs & mild spices. It is a very popular dish even so that it is considered arguably as a 'national dish' in England.</p> |  |
| Wednesday | Chicken Stroganoff | <p>This Chicken Stroganoff is an original Russian dish made with tender pieces of chicken and hearty mushrooms smothered in a rich cream. Originally made by Russian aristocrat called by Count Stroganoff who was born in Paris, it is dubbed the 'taste of Russia'.</p> |  |

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| <p>Thursday</p> | <p>Jollof rice</p> | <p>Jollof is a rice dish from West Africa. The dish is traditionally made with rice mixed in with natural herbs and spices including tomatoes, onions, spices, vegetables and meat in a single pot. A dish that is culturally acclaimed and hotly debated over by Nigerians & Ghanaians, as to who makes the better version, is a favourite in many countries and enjoyed at all social events!</p> |  |
| | <p>Jerk chicken</p> | <p>'Jerk', synonymous with the Caribbean island of Jamaica, refers to the way in which chicken (or meat) is seasoned and grilled. Some of Jerk seasoning's ingredients include scallions, garlic, ginger, pimento, thyme and cinnamon and, depending on how you can handle it, scotch bonnet peppers. Not everyone has the touch of making it but, once prepared just right – it's a sumptuous delight!</p> |  |
| <p>Friday</p> | <p>Fish & chips</p> | <p>Considered to be England's national dish, said to have derived from separate immigrant cultures, consists of fried fish in batter, served with chips. It is served hot and is a common take-away food</p> |  |