


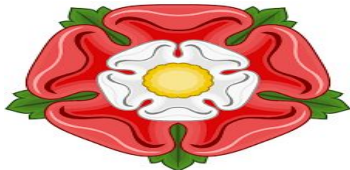



World Food Wednesdays

Every month on a Wednesday we will be doing dishes from a different country

Date	Country		Dish
January	Portuguese		Portuguese-style roast new potatoes Custard tarts or Caldo Verde-soup (11-18) Piri piri pork chops Portugese bean and cabbage stew (Vegan 'Feijoada a transmontana') Smokey slow cooked black beans Alubias Verdes con Ajo (Spanish Green Beans)
February	Brazilian		Bean soup (11-18) Feijoda- Black bean & pork stew (11-18) Escondidho de frango (3-11) Roasted vegetable pastels with salsa Cabbage Green beans Onion & garlic rice Cocada (Sweet Coconut) (11-18) Coconut cake (3-11)
March	St Patrick's Day		Rustic Irish stew Pressure Cooker winter squash and lentil stew Parsnip & potato mash Roasted cabbage wedges Irish apple tart or green cupcake
April	Spanish		Spinach & potato curry Chicken & chorizo paella Roast broccoli, chickpea, avocado & spinach taco Saffron roasted potatoes Tres Leches Cake (Milk cake)
May	VE Day 8-10 May		Beef & prune pie Lord Woolton pie Carrots Canned parsnip Boiled potatoes Ration chocolate & oat biscuits

June	Tokyo 2020 World Cup		Miso soup (11-18) Aubergine katsu curry Teriyaki chicken meatballs Rice Goma-ae Japanese greens Dorayaki

Every month on a Wednesday we will be doing dishes from a different place & time in British history

Date	British	Dish
	Scotland 	Cock-a-leekie soup (11-18) Colcannon Shell pie Black bun
	Tudor 	Capon with lemon Green veggie pie Buttered sweet potato Gingered bread
	Welsh Pembrokeshire 	Green pea soup (11-18) Welsh meatballs with onion & gravy Leek & cheese pie Mr Ansan pudding (lemon sponge)
	Roman Britain 	Barley soup (Tisanam vel sucum) (11-18) Baked chicken with honey, rosemary & dates Olive oil baked carrot Cabbage Pear patina
	Cambridgeshire 	Stilton, broccoli & barley savoury Bedfordshire clanger Apple & cinnamon sweet Bedfordshire clanger

	Kent		Lamb's tail pie Gypsy tart
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