

WHAT'S THAT?

Name	Description
Amaranth	Greens with a slightly sweet flavor
Antipasto Salad	Could include cheese, cured meat, olives, smoked fish and marinated vegetables
Arroz con Pollo	Spanish for "rice with chicken." Made with tomatoes, green peppers, and seasonings
Asiago	Rich and sharp Italian cheese
Bangkok Beef	Top round of beef sliced thin and stir-fried in a brown sauce with green beans, peppers and basil
BLT Green Goddess Salad	Iceberg lettuce topped with crispy bacon and grape tomatoes, served with green goddess dressing
Bok Choy	Chinese white cabbage
Borscht	Cold soup made from fresh beets, usually garnished with sour cream
Bulgur Wheat	Middle Eastern wheat that has been steamed, dried and crushed
Caprese Salad	Fresh mozzarella cheese, tomatoes and basil on a bed of romaine and mixed greens
Carnitas	Shredded, well-browned pork
Cavatappi	Short, thin, ridged macaroni spirals
Chimichurri 	Argentine sauce consisting of olive oil, vinegar, chopped parsley, oregano and garlic seasoned with salt, cayenne and black pepper
Country Brunch Bake	Hash-brown crust filled with eggs, ham and mushrooms, topped with cheese
Couscous	North African ground semolina
Daikon	A large Asian radish with a sweet flavor
Ditalini	Small, very short tubes of macaroni
Edamame	The Japanese name for green soy beans
Eggplant & Sausage Napoleon	Crispy breaded eggplant layered with Italian sausage, spinach, ricotta, and mozzarella cheese served with marinara sauce
En Croute	Food wrapped in pastry and baked
Fagioli	Italian for "beans", typically white kidney beans
Fajitas	Skirt steak wrapped in a warm tortilla
Farafalle	Bow or butterfly-shaped pasta
Fattoush	A Levantine salad made from toasted or fried pieces of khubz (pita or tandoor bread) combined with mixed greens and other vegetables, such as radishes and tomatoes
Fennel	A pale green, celery-like vegetable
Fiji Fruit Salad	Pineapple, mandarin oranges and red pepper tossed in a zesty pineapple dressing
Florentine	Dishes served on a bed of spinach, topped with a cheese sauce
Garam Masala	A blend of dry-roasted, ground spices that can include black pepper, cinnamon, cloves, coriander, cumin, cardamom, dried chilis, fennel, mace, and nutmeg.
Gnocchi (NYOH-kee)	Italian for dumplings, usually shaped in small balls
Gumbo	A thick stew-like dish including okra, tomatoes, onions and meat or shellfish
Hattie's Jambalaya	Cajun-style rice with andouille sausage, ham, bell pepper, tomatoes, onion and celery
Hawaiian Kalbi Ribs	Slow-roasted beef short ribs in soy, mirin & garlic marinade
Hoisin Sauce	Sweet and spicy soy bean sauce
Huli Huli Chicken	Hawaiian-style marinated roast chicken quarters
Jambalaya	Cooked rice and a variety of ingredients including tomatoes, onions, green peppers, and either meat, poultry or shellfish
Java Molasses Pork Tenderloin	Oven-roasted coffee molasses infused pork tenderloin
Kabob (Kebab)	Small chunks of meat marinated, then grilled on a skewer
Kamuta	High-protein wheat with a nutty flavor
Kofta	A family of meatball dishes found in Indian, Middle Eastern and Central Asian cuisines. In the simplest form, koftas consist of balls of ground meat, usually beef, chicken, lamb or a mixture, with spices or onions

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Kung Pao	Spicy sour-sweet Chinese stir-fry
Lightning Jack Casserole	Buttermilk biscuit topped with zesty taco beef, sour cream and Monterey jack cheese
Lo Mein	Boiled noodles combined with various stir-fried ingredients such as chicken, pork or vegetables
Masala	Indian spice blend including cardamon, coriander and mace, among others
Mulligatawny Soup	A South Indian soup usually containing bits of chicken, curry and other spice
Orzo	Pasta made in the shape of a grain of rice
Pad Thai	Combines cooked rice noodles, tofu, sprouts & eggs stir-fried together
Peperonata	An Italian mixture of sweet peppers, tomatoes, onions & garlic cooked in olive oil
Pork Pernil	Slow-roasted, marinated pork shoulder
Pork Vindaloo	Indian pork stew with potatoes and Indian spices
Provençal	Garlic, tomatoes, and olive oil are trademarks of Provençal cooking. onions, olives, mushrooms, anchovies and eggplant are also common
Quiche Lorraine	Quiche containing bacon bits
Quinoa (KEEN-wha)	Tiny, bead-shaped grain; cooks like rice. A staple of South American cuisine.
Ragout (Rah-GOO)	A thick, rich, well-seasoned stew of meat, poultry, fish or sometimes vegetables
Ratatouille (ra-ta-TOO-ee)	A French dish that combines eggplant, tomatoes, bell peppers, zucchini, garlic, and onions with herbs simmered in olive oil
Remoulade	French sauce combining mayonnaise and mustard
Risotto	Creamy Italian rice sautéed in butter
Saltimbocca	A side dish made of veal lined or topped with prosciutto and sage or basil; marinated in wine, oil, or saltwater. Occasionally topped with capers. A common American twist replaces the veal with chicken.
Scaloppini	Thinly scalloped meat
Scottish Adventure Breakfast Box	Hard-boiled egg wrapped in sausage meat, chocolate scone, orange ham marmalade, fresh raspberries and blueberries
Shawarma	A Middle Eastern version of the gyro, consisting of spiced, marinated lamb, veal or chicken
Souvlaki	Meat skewered and grilled, marinated in oil, lemon juice and oregano
Strata	A layered casserole dish consisting of bread, eggs, and cheese that may include meat and/or vegetables
Szechuan 	Mildly hot Chinese spice
T'zimmes	A Jewish dish flavored with honey and often cinnamon
Tikka 	Hindi for chunks of meat cooked on skewers
Tzatziki Sauce	Plain yogurt, cucumber, garlic, olive oil & vinegar
Vegetable Pistou Soup	Bean & pasta soup with andouille sausage
Vindaloo	Indian stew with a protein, potatoes and Indian spices
Yakitori	Japanese for "grilled fowl," usually small pieces of marinated chicken skewered and grilled
	= Indicates an item that some may find to be spicy.

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