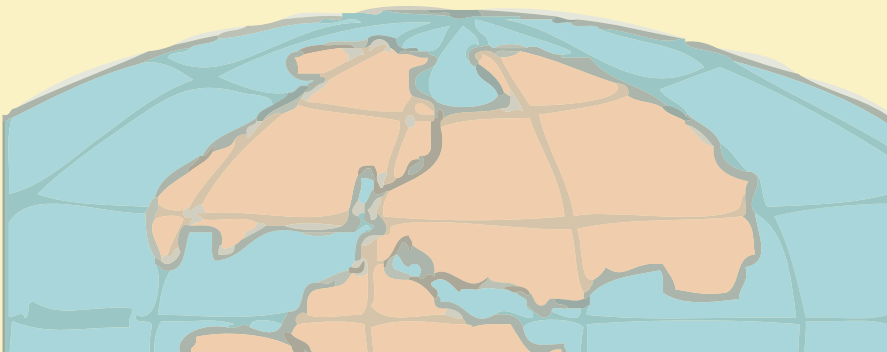


Unity Week is a collaboration between TCNJ's Division of Human Resources and TCNJ Dining Services. We both believe that diversity is a fundamental objective and something to be celebrated. We are excited to celebrate our diverse world through food this week and hope you enjoy what we have prepared.



UNITY WEEK AT TCNJ:

CELEBRATING THE DIVERSITY  
OF OUR CAMPUS CULTURE

    
[tcnj.sodexomyway.com](http://tcnj.sodexomyway.com)  
[hr.pages.tcnj.edu](http://hr.pages.tcnj.edu)

1855 Room  
April 3rd - April 7th  
11:30 AM - 2 PM

Sponsored by TCNJ Dining Services  
and the Division of Human Resources

Join us in celebrating the unique flavors of the world!

Enjoy five delicious themed menus all week long!

Monday: Bourgogne (North East France)

Tuesday: Portuguese

Wednesday: Soul Food

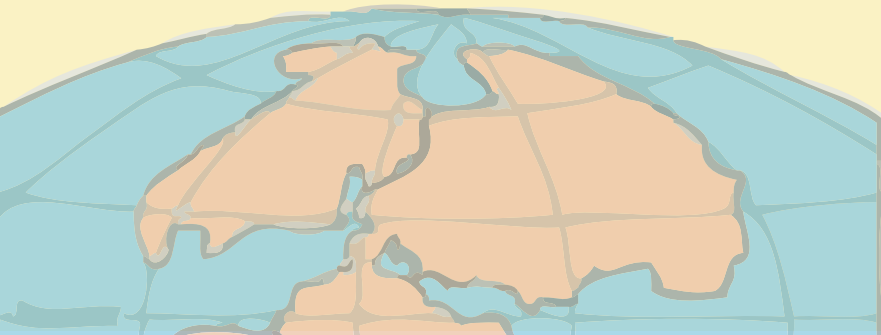
Thursday: Cuban

Friday: Cretan

## Monday: Bourgogne (North East France)

People in the Northeastern region of France are definitely passionate about their food! The meals are typically hearty, but chefs are updating their cuisines to appeal to modern taste. Some key ingredients in Bourgogne cuisine are beef, chicken, wild mushrooms, snails, quails, pigeons, venison, and fish. Other smaller ingredients are cheese, terrines, sausages, and patés. The combination of these ingredients with the culture and history behind Northeastern France truly reflects a love for cooking!.

- Onion Soup with **G**ruyère Cheese
- Watercress Soup with Leeks & Potatoes
- Fingerling Potato Salad
- Beef Bourguignon
- Vegetarian Cassoulet
- Haricots Verts
- Chateau Potatoes
- Strawberry Charlotte



## Tuesday: Portuguese Cuisine

The cuisine of Portugal has a variety of influences, stemming from access to its Mediterranean neighbors to the east, and to Atlantic trade routes through the vast ocean to its west. Portugal’s colonial history in Africa and the Americas introduced many spices to the **c**ountry, leaving an influence that can be seen today. Such spices include piri piri (small, fiery chili peppers), black pepper, cinnamon, vanilla, and saffron. Olive oil, a base of Mediterranean cuisine used for cooking and flavoring meals, is also a Portuguese staple. Garlic is also widely used, as are herbs, such as bay leaf and parsley.

- Chorizo & Bean Soup
- Tomato Rice Soup
- Cucumber Salad with Fennel and Oranges
- Roupa Velha (Salt Cod and Potatoes)
- Queijades de Batata Doce (Sweet Potatoes Cupcakes)
- Arroz De Cenouras (Carrot Rice)
- Portugese Fava Beans
- Queen Cakes with Chestnuts & Coconut

## Wednesday: Soul Food Cuisine

Soul food is a variety of cuisines stemming from traditional dishes of the southern states, originating from food consumed by slaves and freedmen. The term did not originate until the 1960s. Popular foods incorporated in soul food are okra, rice, sorghum (foods of West Africa) as well as **C**assava and **C**orn (from the Americas), and vegetables from Portugal and Morocco. When the Europeans began their African slave trade in the early 15th century, the diet of newly enslaved Africans changed on the long journeys away from their homelands. Popular dishes include fried chicken, cornbread, collard greens, hush puppies, and sweet potato pie.

- Spicy Crab and Corn Soup
- Oxtail Soup
- Soul Smothered Southern Fried Chicken
- Fried Catfish
- Green Beans with Smoked Turkey
- Collard Greens
- Baked Macaroni & Cheese
- Cornbread & Biscuits
- Peach Cobbler with Vanilla Ice Cream

## Thursday: Cuban Cuisine

Cuban cuisine is a blend of Native American Taino food, Spanish, African, and Caribbean cuisines. Cuban recipes share spices and similar cooking techniques with Spanish and African cooking while having some Caribbean spices and flavors as an influence. As a result of the Spanish colonization of Cuba, there is a strong Spanish influence. A typical meal consists of rice and beans (either cooked together or apart). Rice and beans are a culinary element found throughout Cuba; but, the types of rice and beans does vary depending on the region. Some Cuban dishes include arroz con pollo, boliche, and flan.

- Chicken Cinnamon Stew
- Black Bean Soup
- Avocado with Lime & Red Onion
- Boliche (Beef Stuffed with Olives and Chorizo)
- Vegetarian Picadillo
- Fried Rice with Shrimp
- Plantains
- Banana Casserole with Pecans

## Friday: Cretan Cuisine

Cretan cuisine consists of food from natural sources. Therefore, the community uses fruits, herbs, plants, poultry, and fish. In the past, poultry and fish were consumed on a weekly basis whereas red meat was consumed only a few times per month. The main supply of fat is olive oil which is used in salads and in cooking. The most common dessert is yogurt with fresh fruit.

- Cod and Potato Soup
- Lamb Soup
- Greek Olives
- Roasted Grouper with Tomatoes and Lemon
- Macaroni (skioufichta) with Mushrooms
- Stuffed Eggplant
- Spinach Pie
- Orange Cookies