

CULTURALLY SENSITIVE MENU IDEAS



LETS TALK FOOD!

- Vegetarian diets
- Jewish accommodations
- Muslim accommodations
- Food items from different cultures
- Teaching food and culture together

VEGETARIAN ACCOMMODATIONS

VEGETARIAN DIETS

- Lacto-ovo vegetarian
 - Lacto vegetarian
 - Ovo vegetarian
 - Veganism
 - Other Semi-vegetarians
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VEGETARIAN ACCOMMODATIONS

- Vegetarian diets usually do not require a doctors note

Protein substitutions:

- Eggs
 - Cheese
 - Yogurt
 - Beans
 - Peanut or nut butters
 - Nuts and seeds (may count toward half of protein)
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IDEAS FOR INCORPORATING BEANS

REGULAR STANDBYS:

- **Burritos**
- **Soups**
- **Beans/rice**
- **Bean salad**
- **Bean burgers**
- **Hummus**

OTHER IDEAS:

- **Lentils**
- **Bean based pasta sauce**
- **Baked falafel**
- **Smash beans and use in place of chicken in a chicken salad sandwich**

RECIPE: BAKED FALAFEL

Crediting (lunch): age 3-5
Serves 10 children (8 balls each)
provides 3/8 cup beans=1 M/MA

- 2 can chickpeas, drained
- 1 onion chopped
- 2 clove garlic
- ½ cup flour
- 4Tbsp olive oil
- 4tsp salt
- 2tsp cumin
- 2tsp coriander
- 2tsp paprika
- Place all ingredients in a food processor or blender and pulse until well blended and an even consistency. Cover and refrigerate for at least one hour or until the next day.
- Preheat oven to 350. Shape into 40 small balls (about the size of 1 Tbsp) and bake about 20 minutes (flipping halfway through). Cool and serve

Source: adapted from
www.chocolateandzucchini.com

RECIPE: BEAN SPAGHETTI SAUCE

Crediting (lunch): age 3-5
Serves 16 children (3/4c each)
1 M/MA and 1 Vegetable

- 1 (15oz) can tomato sauce
- 1 (15oz) can diced tomato
- 1 (6oz) can tomato paste
- 2 Tbsp sugar
- 1 tsp basil
- 1 tsp oregano
- 1 tsp black pepper
- 1 tsp salt
- 4 cans black beans

Throw everything but the beans in a sauce pan and simmer for 20 minutes.

The beans can be mixed in the last five minutes of cooking or heated and served on top.

Source: adapted from www.food.com



**JEWISH
ACCOMMODATIONS**

JEWISH DIETARY LAW ACCOMMODATIONS

- **Passover exempts enrichment or whole grain requirements**
- **Four alternative milk options (only when meat/poultry is served at meals):**
 - **Serve a non-dairy milk substitute (nutritionally equivalent to cow's milk)**
 - **Serve juice in place of milk**
 - **If open 5 days/week: may substitute at 2 lunches and 2 suppers**
 - **If open 7 days/week: may substitute at 3 lunches and 3 suppers**
 - **Never twice in the same day**
 - **Serve the milk before or after the meal**
 - **Swap a snack time juice with a mealtime milk**
- **Milk should always be served with all breakfasts or any lunch and supper that does not contain meat or poultry.**
- **The State Agency must be notified if one of the 4 milk options above are used.**

Source: FNS Instruction 783-13 rev. 3,
last updated March 2013

WHAT IS KOSHER?

- Jewish dietary laws that are observed all year around
- Details what can and cannot be eaten
- Outlines how foods must be prepared and eaten
- Comes from Hebrew root: Kaf-Shin-Reish meaning fit, proper, or correct

Other common foods not considered kosher:

- Pig
- Shellfish (lobster, shrimp, crabs, etc.)
- Grape juice made by non-Jews are prohibited for historical processing reasons

WHY SO MANY RULES?

- The Torah, which includes these laws, does not provide an explanation
- **Some are thought to provide health benefits**
 - Some studies show that eating meat and dairy separately may be beneficial
- **Some may be for environment considerations**
 - Camels are not kosher, perhaps because they make better beasts of burden
 - Pigs are not kosher, perhaps because in the Middle Eastern climate, a pig consumes more food than it provides.
- **Not everyone who identifies as Jewish follows all of the Dietary Laws.**

MUSLIM ACCOMODATIONS

ISLAMIC DIETARY LAW

What is Halal food? “lawful” food

- **Prohibits consuming pork or products made from pork (such as gelatin)**
 - Some food additives use an enzyme from pork fat in production (such as MSG)
- **Animals must be killed and processed in certain ways**
 - These are certified and deemed halal.
 - Processed foods may contain animal by-products that are not permissible
- **Prohibits consumption of alcohol, so may not eat:**
 - Pure vanilla extract and other extracts
 - Soy sauce if made with alcohol
 - Some eat because the alcohol cooks off, but others do not

Remember there are varying degrees of strictness.





**FOODS FROM
DIFFERENT CULTURES**

MENU IDEAS

- Ratatouille (French): stewed vegetables usually including tomatoes, zucchini, eggplant, bell peppers, onions, and garlic
- Chicken or Lentil Curry (Indian): Buy or make a curry sauce (not all curry is hot) and serve over chicken, lentils, or even rice. Recipe on next slide.
- Plantains (Caribbean): Plantains grow in many tropical areas. In the Caribbean they are a staple food that are often fried or roasted.
- Quinoa salad (Greek): include quinoa, tomatoes, olives, feta cheese, and olive oil
- Beef stir fry (Asian): use chow mien noodles, beef strips, carrots, and baby corn
- Guacamole (Mexican): as easy as mashing together avocado, tomatoes, onion, lime, and salt

RECIPE: HEATHER'S (NOT-HOT) CURRY CHICKEN

- ¼ c vegetable oil
 - 1 med. Onion
 - 2 c peeled /diced apples
 - 1 T curry powder
 - 3 T flour
 - 2 c chicken broth
 - 1 lb raw boneless/skinless chicken (then cooked and cubed)
 - ½ c half n' half
- In a large skillet, heat oil and sauté onions and apples until soft. Add curry powder and cook 2 minutes. Stir in flour to form paste. Add chicken broth and simmer until sauce thickens. Finally add in chicken and half n' half, heating thoroughly. Salt to taste.
 - This also freezes well –just leave out the half n' half, cool, and put in freezer bag. When ready, thaw in refrigerator overnight, heat on stovetop and then add half n' half.

Crediting (lunch): age 3-5

Serves 8 children (¾ cup each)

Provides: 1 M/MA (1.5 oz) and 1 F/V (¼ cup)

**LEARNING ABOUT
FOOD AND CULTURE
GO HAND-IN-HAND**

ACTIVITIES TO EXPLORE ETHNIC CUISINE

- **Highlight a different country or region each month**
 - Locate the place on a map
 - Talk about the foods they eat
 - Decorate with art/crafts that the kids make
 - Flags from the country(ies)
 - Drawings and table cloths/mats that the kids make
 - Serve a snack or meal component from that area
 - Talk about the food
 - Have they had it before? When? Where?
 - What do the kids think of the color, shape, aroma, texture, and taste?

EASY MEAL/SNACK IDEAS TO GET YOU STARTED

- Germany: Potato pancakes
 - Nigeria: Nigerian inspired fruit salad
 - Japan: Edamame
 - Greece: Tzatziki
 - Middle East: Hummus
 - China: Spring rolls
 - Mexico: Pepitas (pumpkin seeds)
 - Vietnam: Hanoi-style bananas
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RECIPE: POTATO PANCAKES

Crediting (lunch): age 3-5

Serves 10 children 1 pancake each

Provides 1 Vegetable (1/4 cup)

- 2 pounds all purpose potatoes, peeled
- 1 large egg, beaten
- 3 Tbsp all purpose flour
- ½ teaspoon salt
- 2Tbsp butter

Using a grater, coarsely shred potatoes in a large bowl.

Add egg, flour and salt until well mixed

In a 12 inch skillet or griddle, heat butter over medium until hot

Spoon a heaping ¼ cup of potato mixture in the skillet; using the back of a spoon, spread mixture into a 3 inch round.

Cook about 4 minutes on each side until golden brown.

Source: www.metroccrr.org

Great with applesauce!

FOODS OF GERMANY



- Meats, potatoes, and breads make up a large part of their diet
- Potatoes are a staple food and eaten in many ways
- Knodel (dumplings) or Spatzle (small dumplings)
- Common breads are rye, pumpernickel and sourdough
- Apples, asparagus, brussels sprouts and root vegetables
- Some interesting dishes:
 - Birnen, bohnen und speck (pears, beans, and bacon)
 - Aalsuppe (eel soup)
 - Ham with strong mustard
 - Lebkuchen (spicy cookie) popular during the Holidays
- Interesting Fact: Food insecurity in Germany is very low



Source: www.foodbycountry.com

RECIPE: NIGERIAN INSPIRED FRUIT SALAD

- 4 ripe mangoes
- 2 ripe bananas
- 2 apples, cored and peeled
- 1 16oz can pineapple tidbits
- 1 cup orange juice
- 1 Tbsp honey
- ½ tsp cinnamon
- 1/3 cup sweetened shredded coconut

In a large bowl, combine all ingredients but the coconut. Toss to mix well. Cover and chill until ready to serve. Portion out ¼ cup servings and sprinkle with coconuts.

Crediting (lunch): age 3-5
Serves 12 children ¼ cup each
Provides 1 Fruit (1/4 cup)

Source adapted from: www.metroccrr.org

FOODS OF NIGERIA

- Nigeria has more than 250 ethnic groups and 521 languages. Their food is as diverse as their people.
- The tropical forest provides vast varieties of fruit, including oranges, melons, grapefruits, limes, mangoes, bananas, and pineapples
- Yams and beans are also commonly eaten
- Some interesting dishes...
 - Ukwaka: steamed pudding made of corn and plantains
 - Moin-moin: steamed cake of ground dried beans and fish
 - Jollof rice: spicy tomato-based rice
 - Dodo: fried plantains
- Peppers and chilies are used regularly in dishes (as it helps the body resist infection and disease).



Source: www.foodbycountry.com



OTHER ACTIVITIES

- **Explore eating utensils (such as chopsticks)**
 - Have the kids play the chopstick game, carrying marshmallows from one bowl to another across the room.
- **Have children put ethnic food cutouts where they belong on MyPlate**
- **Read books such as Lets Eat! What Children Eat Around the World by Beatrice Hollyer**
- **Talk about food and ask open-ended questions, such as:**
 - What are your favorite foods? Why?
 - Does everyone eat food?
 - Why do we eat food?
 - Does everyone eat the same food? Why or why not?
 - Where does food come from?

LESS COMMON ITEMS BEING REQUESTED

Bitter Melon:



LESS COMMON ITEMS BEING REQUESTED

Cherimoya:



LESS COMMON ITEMS BEING REQUESTED

Durian:



LESS COMMON ITEMS BEING REQUESTED

Gai Lan:



LESS COMMON ITEMS BEING REQUESTED

Lychee:



LESS COMMON ITEMS BEING REQUESTED

Purslane:



LESS COMMON ITEMS BEING REQUESTED

Yardlong beans:



спасибо
danke 謝謝
ngiyabonga
teşekkür ederim
dank je
gracias
tapadh leat
bedankt
hvala
mauruuru
dziękuję
thank you
mochchakkeram
obrigado
sagolun
sukriya
kop khun krap
go raibh maith agat
arigatō
takk
dakujem
merci
merci
ευχαριστώ
terima kasih
감사합니다

