

Phở /fuh/ beef noodle soup **xôi**
/soy/ sticky rice with mung bean.

Japan-natto, (soybean), white rice, miso soup, *kabocha* squash simmered in soy sauce and sweet sake (*kabocha no nimono*), pickled cucumber, rolled egg omelet (*tamagoyaki*) and grilled salmon.

Malawi-cornmeal porridge with soy and groundnut flour; deep-fried cornmeal fritters, onions, garlic and chiles, boiled sweet potato and pumpkin; and a dark red juice made from dried hibiscus flowers and sugar.

Mexico- Tortillas (tor'tiʎa) flat bread and **frijoles** /free-xoh-lehs where x- is a soft “ch” or you can use “h”/ beans.

Pakistan-Aloo Paratha, which is wheat flat bread stuffed with spicy potatoes, served with fried eggs and raita (yoghurt dip).

Canjeero /anjero/ is a pancake/bread and can be eaten with honey or meats or **maraq** /MAH-ruhk/ a stew. This maraq is made with beef, carrots, potatoes, tomatoes.

Phở /fuh/ beef noodle soup **xôi**
/soy/ sticky rice with mung bean.

Japan-natto, (soybean), white rice, miso soup, *kabocha* squash simmered in soy sauce and sweet sake (*kabocha no nimono*), pickled cucumber, rolled egg omelet (*tamagoyaki*) and grilled salmon.

Malawi-cornmeal porridge with soy and groundnut flour; deep-fried cornmeal fritters, onions, garlic and chiles, boiled sweet potato and pumpkin; and a dark red juice made from dried hibiscus flowers and sugar.

Mexico- Tortillas (tor'tiʎa) flat bread and **frijoles** /free-xoh-lehs where x- is a soft “ch” or you can use “h”/ beans.

Pakistan-Aloo Paratha, which is wheat flat bread stuffed with spicy potatoes, served with fried eggs and raita (yoghurt dip).

Canjeero /anjero/ is a pancake/bread and can be eaten with honey or meats or **maraq** /MAH-ruhk/ a stew. This maraq is made with beef, carrots, potatoes, tomatoes

Phở /fuh/ beef noodle soup **xôi**
/soy/ sticky rice with mung bean.

Japan-natto, (soybean), white rice, miso soup, *kabocha* squash simmered in soy sauce and sweet sake (*kabocha no nimono*), pickled cucumber, rolled egg omelet (*tamagoyaki*) and grilled salmon.

Malawi-cornmeal porridge with soy and groundnut flour; deep-fried cornmeal fritters, onions, garlic and chiles, boiled sweet potato and pumpkin; and a dark red juice made from dried hibiscus flowers and sugar.

Mexico- Tortillas (tor'tiʎa) flat bread and **frijoles** /free-xoh-lehs where x- is a soft “ch” or you can use “h”/ beans.

Pakistan-Aloo Paratha, which is wheat flat bread stuffed with spicy potatoes, served with fried eggs and raita (yoghurt dip).

Canjeero /anjero/ is a pancake/bread and can be eaten with honey or meats or **maraq** /MAH-ruhk/ a stew. This maraq is made with beef, carrots, potatoes, tomatoes