



## **SAMPLE WORLD FLAVORS MENU**

### **ENTREES**

**Baked Salmon with Dill Sauce**

*Baked salmon filets topped with a spicy dill yogurt sauce*

**Spice Rubbed Chicken Thighs with Cumin Scented Cabbage**

*Chicken thighs with shredded cabbage and eastern spices*

**Sri Lankan Beef Curry**

*Beef cubes cooked with exotic spices and light coconut milk*

**Braised Italian Sausage Stew**

*Sausages braised with carrots, parsnips, celery and swiss chard with barley in a tomato based sauce*

**Whole-Beet Borscht**

*A delicious beet soup made with both the beets and the greens*

### **SIDES**

**Roasted Cauliflower with Sweet Paprika**

*Tender cauliflower roasted with paprika and parsley*

**Carrot Couscous with Chives**

*A colorful and healthy side dish*

**Gingery Sweet Potatoes**

*Mashed sweet potatoes with brown sugar and freshly grated ginger*