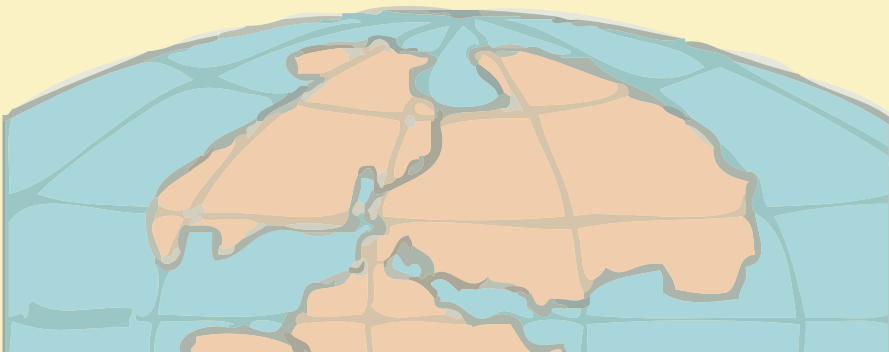


Unity Week is a collaboration between TCNJ's Division of Human Resources and TCNJ Dining Services. We both believe that diversity is a fundamental objective and something to be celebrated. We are excited to celebrate our diverse world through food this week and hope you enjoy what we have prepared.



UNITY WEEK AT TCNJ:

CELEBRATING THE DIVERSITY  
OF OUR CAMPUS CULTURE

1855 Room

September 26th - 30th

11:30 AM - 2 PM

Sponsored by TCNJ Dining Services  
and the Division of Human Resources



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

Join us in celebrating the unique flavors of the world!

Enjoy five delicious themed menus all week long!

Monday: Persian Cuisine

Tuesday: Soul Food

Wednesday: Mexican Cuisine

Thursday: Hawaiian Cuisine

Friday: African Cuisine

## Monday: Persian Cuisine

Persian (also known as Iranian cuisine) is traditional and modern in Iran (formerly known as Persia). The Iranian culinary style is unique to Iran, though it has historically influenced and has been influenced by Iran's neighboring and conquered regions at various stages throughout its history. Specifically, there have been mutual culinary influences to and from Turkish cuisine, Greek cuisine, Russian cuisine, and Asian cuisine. Some popular dishes include Chelow kabab, khoresh (stew), salads, and Bastani-e Za'farāni (Persian ice cream).

Asheh Gojeh Farangi Soup (Persian Tomato Soup)

Soufeh-JO (Persian Barley Soup)

JuJeh Kebab (Chicken Kabab)

Tahdig (Traditional Rice with Crispy Crust)

Eggplant with Pomegranate & Mint

Twice Baked Yams with Feta & Walnuts

Desser Miveh (Persian Fruit Salad)

Shir-Bereng (Persian Rice Pudding)

## Tuesday: Soul Food

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 cassava and corn (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 & Corn Soup

Black Eye Pea Soup

Country Potato Salad with Eggs

Soul Smothered Fried Chicken

Fried Catfish

Green Beans with Smoked Turkey Legs

Pot-licker Collard Greens

Cornbread & Biscuits

Peach Cobbler with Vanilla Ice Cream

## Wednesday: Mexican Cuisine

Mexican cuisine is a combination of indigenous Mesoamerican cooking with European (especially Spanish), elements added after the Spanish conquest of the Aztec Empire in the 16th century. The staples are native foods, such as corn, beans, avocados, tomatoes, and chili peppers, along with rice, which was brought by the Spanish. Europeans introduced a large number of other foods, the most important of which were meats from domesticated animals (beef, pork, chicken, goat, and sheep), dairy products (especially cheese), and various herbs and spices.

Sopa de Lima

Black Bean Soup

Poc Chuc (Sour Orange Pork)

Chillies Rellenos (Cheese Filled Poblano Pepper)

Yucatan Rice with Peppers

Corn with Peppers & Onions

Pollo Pibil

Mexican Hot Chocolate

Mexican Wedding Cookies

## Thursday: Hawaiian Cuisine

Hawaiian cuisine includes five distinct styles of food to reflect the diverse and original food history of the Hawaiian Islands. During the pre-contact period, voyagers brought plants and animals to the islands. Once natives settled the land, they raised fish, livestock, and planted a variety of crops. Christian missionaries brought New England cuisine while whalers introduced salted fish which eventually transformed into the side dish, lomilomi salmon. As pineapple and sugarcane plantations grew, immigrants from China, Korea, Japan, and the Philippines brought over their native cuisines to the region. As Hawaii became a more appealing place for tourists in during the 20th and 21st centuries, different Hawaiian staples were introduced such as Hawaiian barbecue, Kalua pig, and laulau.

Red Curry Coconut Soup

Chicken Long Rice Soup

Kalua Pig

Vegetable Kababs

Green Beans with Orange & Pineapple

Braised Pork with Pineapples

Roasted Sweet Potatoes

Hawaiian Rolls

Haupia (Coconut Pudding)

## Friday: African Cuisine

Traditionally, the various cuisines of Africa use a combination of locally available fruits, cereal grains, vegetables, and milk and meat products, and do not usually get food imported. In some parts of the continent, the traditional diet features a lot of milk, curd and whey products. Depending on the region, there are also sometimes quite significant differences in the eating and drinking habits and proclivities throughout the continent's vast populations. Central Africa, East Africa, the Horn of Africa, North Africa, Southern Africa and West Africa each have their own distinctive dishes, preparation techniques, and consumption mores.

African Peanut Soup

African Cabbage Stew

African Chicken Stew

Jollof Rice

Vegetarian Moroccan Stew with Cous Cous

Spinach & Garbanzo Beans

West African Lime Cake

