

Country	Dish Name	Ingredients
France	Tarte au citron (lemon tart), 2"	Eggs, lemon, sugar, milk, butter
France	Tarte au chocolat (chocolate tart), 2"	Eggs, butter, sugar, flour, vegetable oil, cream, chocolate
Philippines	Pancit	Rice/cornstarch noodles, carrots, green beans, cabbage, garlic, onion, soy sauce, cooking oil, chicken/pork/shrimp, pepper, salt,MSG
Philippines	Egg Roll	Pork/chicken/shrimp, onion, carrot, garlic, soy sauce, salt, pepper, water chestnut, spring roll wrapper, cooking oil,water chestnut,MSG
Philippines	Adobo with Rice	Chicken,,Pork, garlic, onion, pepper, bay leaves, soy sauce, salt, cooking oil,MSG
Philippines	Cassava / Rice Cake	Cassava; Glutinous Rice,coconut/evaporated/condensed milk, sugar, egg, butter, cheese,salt
Philippines	Pork Barbecue on a Stick	Pork; marinade (soy sauce, pepper, lemon-lime soda, garlic, brown sugar, vinegar, lemon,MSG)
USA (Louisiana)	Chicken & Sausage Jambalaya (gluten-free)	Rice, vegetables, Cajun-seasoned chicken, sausage
Burma (Myanmar)	Burmese Coconut Rice with Chicken Curry	Chicken, rice, coconut milk, turmeric, salt, onion, garlic, ginger, fish sauce
India	Boneless Chicken Biryani + Yogurt Raita	Basmati rice, herbs, saffron, spices, fried onions, marinated chicken; raita with yogurt, onions, cucumbers, cilantro, Indian spices
India	Two Beef Samosas (fried pastry)	Ground beef, onion, green chili, ginger, garlic, lemon, spice powder, cilantro, salt
India	One Vegetable Samosa	Pastry (all-purpose flour); stuffing of boiled potatoes, onions, green peas, mild spices
India	Pork Vindaloo + bread roll	Pork; paste of red chilies, vinegar, garlic, ginger, spices
India	Chicken Pepper fry	Chicken, soybean oil, egg, spices , ginger garlic paste, green chilly, curry leaves, bay leaves, salt, onion
Nigeria	Jollof Rice	rice and tomato
Nigeria	Pepper Chicken	chicken, tomato and red peppers
Nigeria	Moinmoin Wrap	beans, tomatoes , fish and condiment to taste
Nigeria	Puff Puff	flour, sugar, egg
Nigeria	Suya (stick)	chicken /beef grilled , pepper and spices
Indonesia	Chicken Satay	Allergens: soy, peanut
Indonesia	Pastel (empanada)	Allergens: wheat, egg
Indonesia	Mie Goreng (fried noodles)	Allergens: wheat, soy, sesame
USA (Ladies Club)	Hotdogs	Beef hotdogs
USA (Ladies Club)	Chips	chips
USA (Ladies Club)	Cupcakes/Brownies	No nuts
USA (Ladies Club)	Coke/DietCoke/7UP	cola
Vietnam	Egg Rolls	Bean thread noodles, carrots, eggs, ground pork, white onions, salt & pepper, Menlo wrapper (enriched wheat flour + additives), water/frozen egg whites, eggs, glycerin, sugar, salt, soy lecithin, tapioca starch, gluten, calcium propionate, wood ear mushrooms
Vietnam	Fried Rice	Carrots, celery, Chinese sausages, eggs, salt & pepper, soy sauce, white rice

Lebanon	Tabbouleh salad	parsley, tomato, onion, mint, barley, salt, pepper, olive oil and lemon
Lebanon	Hummus	chickpeas, tahini sauce, garlic, lemon and salt
Lebanon	Kafta	minced beef, onion, parsley, pepper and salt
Lebanon	Aish el Saraya	bread toast, syrup, cream made of milk, corn starch and pistachio
Mexico	FLAN	Eggs, Condensed milk ,Evaporated milk,Vanilla extract,Sugar,Water
Mexico	TRES LECHES CAKE	Eggs,sugar,Flour,vanilla extract,milk, cool whip,baking powder
Mexico	Tinga	Chicken meat,Oil,Onion,Tomato,Bay Leaves, Chipotke pepper, Tortilla chips
Mexico	COCHINITA PIBIL	Pork, Garlic, Vinegar, Orange Juice, Annato,Tortilla chips
Colombia	Colombian Coffee	Grounded Colombian Coffee
Colombia	Colombian Empanadas	oil,lime,cornmeal,water, veg oil, sazón goya,salt,potatoes,veg bouillon,olive oil, onion, tomato,pork , beef, garlic,cilantro
Poland	Pierogies (Large) 2pcs	Aged Sharp Cheddar, sour cream & chives, whipped potatoes , Aged Sharp Cheddar, sour cream & chives, whipped potatoes , bacon, pasta
Poland	Pierogies (Mini) 4pcs	Aged Sharp Cheddar, sour cream & chives, whipped potatoes , Aged Sharp Cheddar, sour cream & chives, whipped potatoes , bacon, pasta
Czech	Kolaches	Flour, milk, eggs, sugar, butter, yeast, salt, cream cheese, fruit jam, vanilla
Czech	Cream Cheese Buchta	Flour, milk, eggs, butter, sugar, salt, yeast, cream cheese, vanilla
Czech	Česnečka (Traditional Czech Garlic Soup)	Garlic, potatoes, onions, butter or oil, broth, caraway seeds, marjoram, salt, pepper, bread (croutons), sausage, cheese
Italy	Spaghetti and Meatballs	Meatballs- beef, pork, garlic, parsley, salt, pepper, white bread, eggs, parmesan cheese, olive oil, onion. Sauce- tomatoes, basil, salt, pepper, garlic.Pasta- wheat
Italy	Italian Biscotti	white sugar,eggs,cow's milk,baking powder,baking soda,white baking flour,shortening,lemon rind and lemon juice,Anise seed,vanilla,salt
Italy	Anisette Cookies	butter,white sugar,Anise extract,lemon extract,white baking flour,baking powder,salt,eggs,confectioners's suger,cow's milk,colored sprinkle cookie decoration
Peru	Ají de Gallina (Creamy Peruvian Chicken Stew)	Shredded chicken breasts,Soaked white bread,Ají Amarillo (yellow chili pepper) paste,Evaporated milk,Celery, onion, and garlic,Boiled white potatoes,Turmeric, cumin, salt, and black pepper
Peru	Mazamorra Morada (Peruvian Purple Corn Pudding)	Purple corn broth,Sweet potato starch or potato starch,Diced apple and pineapple,Dry fruits, like prunes and apricots,Sugar and lime juice,Cinnamon and whole cloves