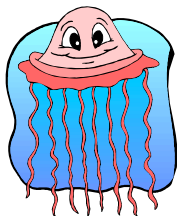


A Roman Menu



Starters

Jellyfish and eggs

Cows udders (stuffed with salted sea urchins)

Patina of brains (baked with milk and eggs)

Boiled tree fungi (with peppered fish fat sauce)

Sea urchins (with spices and honey)

First Course

Dormice (stuffed with port an dormouse legs)

Peacocks eggs

Beans, asparagus and lettuce



Second Course

Sea fish with lemon

Thrushes (in honey sprinkled with poppy seeds)

Slices of roasted wild boar

Roast parrot and Flamingo

Third Course

Ham boiled with figs and bay leaves

Turbot and Salmon seasoned with fish stock

Boiled Ostrich (with a sweet sauce)

Fallow deer (roasted with onion sauce and raisins)



Dessert

Fricassee of Roses (with pastry)

Stoned dates (stuffed with nuts and pine kernels)

Hot African sweet-wine cakes



TASKS

1. Why did the Romans have only one main meal?
2. What did poor people eat?
3. I imagine you are a rich person. Give your choice of meal from the menu above.
4. Is there any food that you would not eat from the menu and why?

Extension

On a piece of paper, create a menu based on the food that your family regularly eats. Then compare your menu with the Roman menu. Are there any similarities or differences? Explain your answer!

Your Menu

A Roman Menu

Similarities?

Differences?