



PGL MENUS

FOOD FOR THOUGHT



CUISINE FROM AROUND THE WORLD



PIZZA

Although associated with Italy, the principle of the pizza, i.e. a flatbread with herbs and oil, dates back to ancient times in Greece, Egypt and the Middle East. The modern pizza was created in Naples where the first pizza shop was opened in the 1830s. The word 'pizza' is the Italian for pie and is thought to come from the Greek word pitta.



PORRIDGE

Oat porridge, common in North America, Britain and Nordic countries, is a very old source of food. Archaeologists have found oat porridge in the stomachs of 5,000-year-old humans preserved in bogs in central Europe and Scandinavia. We get ours from a more recent supplier!



QUORN SAUSAGES

This popular veggie alternative to meat is made from protein which is naturally low in saturated fat and high in fibre. The protein itself is made using a fermenting process, similar to that used in producing yoghurt. Quorn was first produced in 1985 and introduced into the retail market in the UK in 1993. The name is said to come from the Leicestershire village of Quorn.



BAGUETTES

A celebrated part of French culture, the French consume around 10 billion baguettes every year – that's 320 per second! We get through quite a few in our dining rooms as well.



CURRY

The word kari comes from the Tamil language of South India and Sri Lanka and means 'sauce'. The first curry recipes were published in the West as long ago as 1747.



SNAILS (optional at PGL centres in northern France)

Snails have been eaten since prehistoric times and the Romans considered snails a luxury food. Snail farms are common in France and if you visit one of our centres in northern France, you are very likely to visit one.



CHOW MEIN

The name means fried noodles in Cantonese and the dish originated in Northern China. The chief ingredients are noodles and a variety of vegetables often with meat or seafood.



CHILLI CON CARNE

The origins of chilli con carne are shrouded in mystery. Some say it comes from Spain, others that it first appeared in Texas, while others suggest it originated in Mexico at the time of the Aztecs when spices and chilli peppers were added to chunks of invading Spanish conquistadors to make a hot stew! We still rely on good, old-fashioned beef.