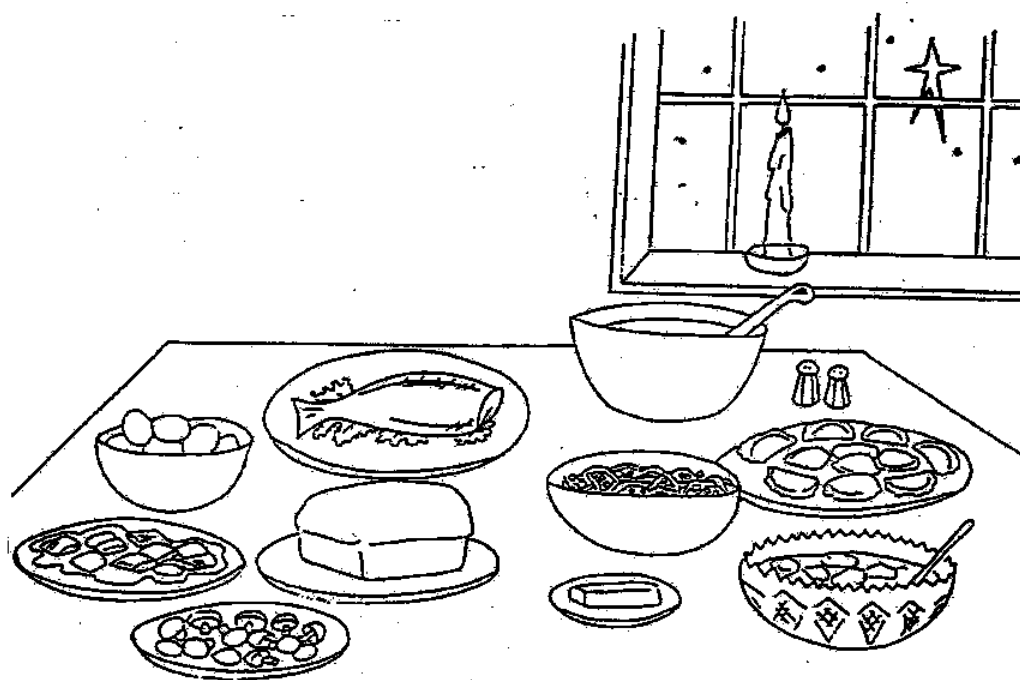


Polish Food

zupa - soup
sledzie - herring
ryby - fish
chleb i maslo - bread and butter
jajka - eggs
grzyby - mushrooms
pierogi - dumplings
kapusta z grochem - cabbage with peas
kompot owocowy - stewed dried fruit
barszcz - beet soup



Polish families gather on Sunday to take part in a traditional dinner. The family gathers around the table discussing family affairs and eating a typical Polish dinner which includes soup, a meat dish, vegetables, potatoes, cucumber salad, compote and dessert. Special meatless dinners are served on Christmas Eve and Good Friday.