

### Meals from England (Ages 0-10)

- Sunday Roast from Grandma. Usually chicken, roast potatoes, gravy, stuffing, and some kind of vegetable. We got to take home a little bag of candy when our parents picked us up.
- Chicken Broth, basically chicken noodle soup but it's my mom's recipe and it tastes more herbal.
- Toad in the hole
- Full English breakfast, English bacon, baked beans, fried eggs, black pudding, toast
- Pesto pasta with ground chicken or turkey
- Homemade birthday cakes from my mom (one year it was a giant meringue)
- Grandad's (mom's dad) curry but I can't remember what kind it was
- Bangers and mash
- Bubble and Squeak
- Turkey and Ham pie from leftovers usually after Christmas dinner
- Candy floss, it wasn't allowed much but my mom worked the stand for it at the school funfair in England
- Carrot cake, my mom would make it for every school fundraiser
- Fairy cakes, usually baked with my sister and my mom
- Salmon which my mom called "pink chicken"
- Curry made by my dad, not sure if he used a recipe or if he just made it up onion cumin coriander chili, curry powder, Gara masala, whole cinnamon, black cardamon, garlic, almond flour
- Shepards pie
- Whole roast chicken, leftovers would become
- Eggs every Monday before brownies

### List from Grandma Hillary

- Spaghetti Bolognese
- Macca Cheese with bacon
- Yogurts
- Grandad's curry usually with chicken
- Boiled eggs and toast "soldiers"

-Fish fingers and peas

### Meals from California and Issaquah, Washington (Ages 10-18)

-Meatball sub from Subway, my first meal after moving to the U.S

-Wendys Baconater on a road trip, genuinely didn't know how to act

-Quesadillas made by my mom with ground beef and spring onions, I didn't like the weird crunch

-Quesadillas from the burrito shop with steak and cheese

-First thanksgiving in the US at my dad work friends house, turkey, cornbread, garlic green beans, fried chicken, I know there was more but I can't remember (we also watched the super bowl there and they had they same kind of stuff but also nachos I think) (they lost)

-My moms take on falafel, they're more disc shaped and less crunchy on the outside but I really love them

-Beef stew made in the slow cooker

-Chicken and (the inside of chicken pot pie)

-Coronation chicken

### Meals from College (Ages 18-21)

-Meatball sub sandwiches

-Pot roast

-Slow cooker pork shoulder steak with rice

-Pork shoulder blade carnitas with rice

-Scrambled eggs and chorizo with toast

-Bagel sandwiches with bacon, egg, and cheese

-Steak bites with mashed potato's and packet gravy

-Country style ribs with mashed potato's

-Kalbi beef rice bowls

-Mac and cheese

-Shredded BBQ chicken sandwiches

-Shredded hot chicken sandwiches

- One pot Spanish chicken and rice
- Ground pork chili (usually made the day after a pork meal, add the leftovers in and it's amazing)
- Vegan chili with three kinds of beans and the fake ground beef from Trader Joes
- Garlic parmesan pasta
- BBQ chicken wings
- Spicy chicken wings
- Garlic Parmesan chicken wings
- Balsamic eye of round roast with mashed potatoes