

Haiti - Meals

We ate well during the CURE Clinic trip. Here are some photos of our meals. The group photos of us eating them are omitted. First are our dinner selections at the Servotel, Saturday 22 April.



In the first I see grilled chicken. The round tan things are fried plantain (banana-like). There is grilled salmon and chicken in the second and white rice. I see dark goat meat in the third. The small dishes have a fermented cabbage that is a Haitian specialty.



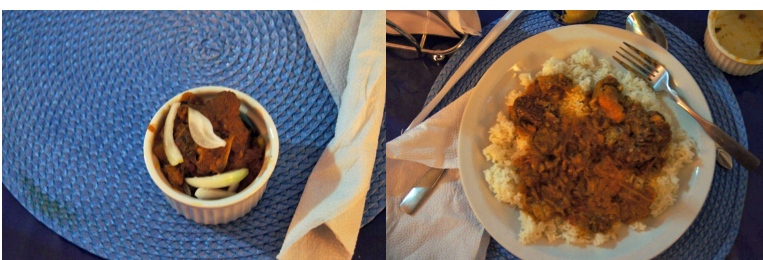
Sunday lunch at the Food for the Hungry guest house was simple. There is cold bottled water, a sauce in the metal pan, tomatoes, sausages on spaghetti, and lettuce.



Monday dinner had a root vegetable (manioc?), rice, and a special Haitian soup that was like a delicious stew. Tuesday breakfast had a huge platter of very ripe mangos, boiled eggs, toast, fruit juices, milk, and oatmeal.



Tuesday lunch had a stew-like sauce for the beans-and-rice, meat with mango strips, French fried potatoes, tomatoes and cucumbers, and cooked broccoli and cabbage.



Wednesday lunch at a restaurant near the hospital had a meat and vegetable stew to be placed on rice.

Wozo meals were buffet style and only group photos were taken.



Thursday lunch at Nordette is partly obscured by the plastic wrap. It looks like bread rolls, chicken, pineapple, fried plantain, a sauce, and maybe meat and mango strips at the end. Friday lunch was bread rolls and a delicious stew.



So all meals had good nutrition, tasted well, with no more than mild spices, and were healthy for us. There were no stomach upsets from harmful things. Some meals were served later than what we were used to. We were told that the local custom was for the biggest meal after noon, but we were not significantly affected by that.

Dr. Ed Holroyd
12 May 2017