

Plan a Roman Banquet! Find out what food and drinks the Romans would have had. You can do a list or mind map of these. Then, design a beautiful banquet menu including:

- Starters
- Main course
- Desert
- Drinks

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



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