ALE MENU

blooming for

Dinners

Friday:

Soup: split pea/vegetable

Sandwiches: bread/cold cuts/cheese/peanut

butter/lettuce

tomatoes/mayonnaise/mustard/hummus

Evening Snack: chips/quacamole/salsa

Saturday:

Chicken sates Cuban black beans Lemon rice Tabouleh Chocolate cake

Sunday:

Lasagne: beef/spinach

Salad

Bread Strawberry pie With fresh Berries in glaze

Lunches--buffet picnics both Saturday and Sunday Cold salad: potato/pasta

Sandwiches: cold cuts/hummus/babaganouj

Carrot and celery sticks

Fruit

Cookies

Breakfasts

Baked egg dish, on one day. French toast on the other day.

Each day: Scrambled tofu for nondairy non egg veggiess

Every day: yoghurt/granola/cold cereal

coffee/tea/juice sausage/bacon

fruit

Monday breakfast: Continental style + leftovers.

Beverages

Beer--home brew and boughten Soda/lemonade Milk Coffee/tea Juices for breakfast

Water/ice