### **Menu for Village Fire**

# **Thursday Supper**

Potluck

# Friday Breakfast

- 3 Grain Porridge (Buckwheat, Rice, Millet)
- Fixin's (Raisins, Brown Sugar, Sunflower Seeds, Bananas)
- Scrambled Eggs
- Coffee, Tea, Milk

## Friday Lunch

- Minestrone
- Millet Tabouli
- Bread and Butter

# Friday Supper

- · Louisiana Red Beans and Rice
- Coleslaw
- Pasta Salad
- Brownies

# Saturday Breakfast

- Pinóle (Corn) Porridge with Fixin's
- Scrambled Eggs
- Coffee, Tea, Milk

#### Saturday Lunch

- Curried Butternut Soup
- Hummus Sandwiches
- Orange Rice Salad

# Saturday Supper

- Spaghetti
- Garlic Bread
- Green Salad
- Apple Crisp (or cake)

# Sunday Breakfast

- Oatmeal with Fixin's
- Scrambled Eggs
- Coffee, Tea, Milk

#### Sunday Lunch

- Polenta
- Creamy Chipotle Pinto Sauce

• Potato & Vegetable Salad

Each meal will have gluten free and vegan options