

**Village Fire 2015 Menu**     *(subject to minor changes)*

**Wednesday Supper**

- Frittata
- Chickpea Chermoula Salad
- Green Salad
- Cookies

**Thursday Breakfast**

- Hot Cereal: Oatmeal, Rice Porridge
- Fixin's: Raisins, Sunflower Seeds, Walnuts, Bananas, etc.
- Scrambled Eggs
- Coffee, Tea, Milk

**Thursday Lunch**

- Thai Butternut Soup
- Make-your-own Hummus Sandwich
- Potato Salad

**Thursday Supper**

- Taco Salad with Pintos, Lettuce, Salsa, Corn Chips and Cheese
- Mexicali Rice
- Coleslaw
- Brownies

**Friday Breakfast**

- Hot Cereal: Buckwheat Millet Porridge
- Fixin's: Raisins, Sunflower Seeds, Walnuts, Bananas, etc.
- Scrambled Eggs
- Coffee, Tea, Milk

**Friday Lunch**

- Black Bean Soup
- Roasted Yam Salad with Chiles and Lime
- Bread and Butter

**Friday Supper**

- Lentil Dal and Rice
- Yogurt Tzatziki
- Green Salad or Vegetable Salad
- Apple Rhubarb Crisp

**Saturday Breakfast**

- Hot Cereal: Oatmeal, Rice Porridge
- Fixin's: Raisins, Sunflower Seeds, Walnuts, Bananas, etc.
- Scrambled Eggs
- Coffee, Tea, Milk

**Saturday Lunch**

- White Bean Soup with Rosemary Pesto and Greens
- Pasta Salad
- Bread and Butter

**Saturday Supper**

- Polenta Lasagna
- Green Salad
- Garlic Bread
- Faroe Island Oat Cake

**Sunday Breakfast**

- Hot Cereal: Pinole (corn) and Cinnamon
- Fixin's: Raisins, Sunflower Seeds, Walnuts, Bananas, etc.
- Scrambled Eggs
- Coffee, Tea, Milk

**Sunday Lunch**

- Veggie Soup
- Fried Rice

Some peanut butter will be available at lunches for those who really need an alternative.

There will be gluten free and dairy free options at every meal but I need to know how much to make SO PLEASE NOTE YOUR SPECIAL DIET NEEDS IN THE REGISTRATION. Thank you!

Much of the menu is organic, some is local (though there isn't much this early in the year), and all will be made with love!