

Food for Font

Allergies:

Thijs	Mil, wheat, soy
Miro	Apple
Luuk	Nuts, peanuts, peas
Saskia	Carrot

Thursday

Couscous salad

Ingredients:

- Tomato
- Red onion
- Garlic
- Chickpeas
- Almonds
- Dadels/dates
- Couscous (and spelt couscous for Thijs)
- Peterselie/parsley
- Spinach
- Extra virgin olive oil
- Za'atar spices
- Lemon juice
- Salt, pepper, other spices of choice

Cooking instructions

N.B allergies:

- Cook a separate pan of couscous for Thijs. Also keep some vegetables apart for his pan.
- Keep the almonds apart
- Add the chickpeas after Luc has had a portion

Cook water in 2 pans, add the couscous to both of them and let sit for 15 minutes. Cut the tomatoes, garlic spinach, dates and parsley. Add all ingredients to the couscous **EXCEPT FOR CHICPEAS AND ALMONDS**. Add lemon juice and olive oil according to taste. First let Luuk get a plate, then add the chickpeas. Keep almonds separate.

Friday

Chili sin carne

Ingredients:

Black beans	3.5 kg
Kidney beans	1.6 kg
Kapucijners/capuchins	450 g
Kikkererwtten/chickpeas	450 g
Brown beans	1.8 kg
Prei/leek	4
Mais/Corn	900 g
Canned tomato cubes	4 kg
Tomato Puree	700 g
Paprika/bell pepper	14
Garlic	2 bulbs
Tortilla's / Wraps	110

Gluten free wraps	2
Chillisauc	4 bottles
Sambal	2 jars/bottles
Crème fraîche	1 kg
Courgette	2 kg ~ 5 courgettes
Sunflower oil	1L
Spice mix chili	1 jar
Salt and pepper	Own taste

Cooking instructions:

Bake the leek, garlic, courgette and bell pepper. Add all the canned food to heat it in the pan. Do not make it too spicy, people can add their own spice later on with the sambal. Add the spice mix though. Serve with wraps, chilisauce, crème fraîche, and sambal.

Saturday

Pasta salad

Penne	3.5 kg
Capers/kappertjes	8 bottles
Chickpeas	2 kg
Tomatoes	2 kg
Cucumber	8
Rucola	700 g
Pesto	10 bottles

Pesto without milk and soy	1 bottle
Mozarella	3 kg
Red onion	500 g
Spelt penne	100 g
Vegan mozzarella	200 g
Lactose and soy free pesto	1 jar

Cooking instructions:

Boil water and cook the pasta. Cut all the ingredients and mix them with the pasta after it has been cooked and drained.

Keep 1 separate pan for Thijs with spelt pasta, vegan mozzarella, lactose and soy free pesto and don't forget to add the rest of the vegetables to his pan as well.