

Intention 13 Menu Plan

December 2011

Note: A members of the kitchen staff should know that one person in our group has a severe allergy to fennel and anise. Please double check that no spice mixes are used that may contain fennel/anise.

- A. SCHEDULE
- B. GENERAL MEAL OUTLINE
- C. DETAILS + RECIPES

A. SCHEDULE

Thursday, Dec 29	Friday Dec 30th	Saturday, Dece 31st	Sunday, Jan 1st	Monday, Jan 2nd
6 - 7 pm DINNER	7am FAMILIES 10 - 11 am BREAKFAST 2 - 3 pm LUNCH 7 - 8 pm DINNER	7am FAMILIES 9 - 10 am BREAKFAST 1 - 2 pm LUNCH 6 - 7 pm DINNER	8 - 9 am BREAKFAST 10 - 11am SNACKS 12 - 2 pm BRUNCH 6:30 - 7:30 DINNER	7am FAMILIES 10 - 11 am BREAKFAST 2 - 3 pm LUNCH

B. GENERAL MEAL OUTLINE

Breakfast

To accommodate parents with young children, we request that the breakfast buffet start at 7 AM, and the hot breakfast be ready later (10:30 AM, I think?)

Breakfast buffet:

- cold cereals
- oatmeal and one other hot cereal (a gluten-free option, i.e. rice cereal)
- raisins, dried apricot, pumpkin seeds, shredded coconut
- dairy 40%, soy milk 30% and rice milk 30%
- apples, oranges, bananas
- wholegrain toast and bagels with butter, cream cheese, and jam
- muffins (homemade if possible)
- yogurt (organic if possible)
- tea, coffee, juice
- hard boiled eggs

Lunch and Dinner

We would like to have a well-stocked salad bar at every lunch and dinner. Items to be served salad-bar style, with each item separated from the others, to accommodate food allergies/dietary choices.

Salad Bar:

- Assorted greens: spinach, green and red lettuce
- Sliced Kale and/or Red Cabbage
- Tomatoes
- Sprouts

- Marinated beans
- Raw shredded beets and carrots
- Sliced green or red onion
- Avocado
- Pumpkin seeds
- Sunflower seeds
- Cottage cheese, shredded cheddar or mozzarella
- Hard-boiled eggs
- 3 or 4 Salad Dressing choices+ (we would like to bring the dressings, if possible)

C. PROPOSED MENU PLAN AT A GLANCE

Note: items with a star (*) have recipes included, items with a plus sign (+) we will bring (nut-free)

Thurs Dec 29

Dinner Vegetarian Lasagna* (including a gluten free/dairy free version)
 with garlic bread
 Dessert Vegan Chocolate Mousse+

Friday Dec 30

Breakfast French toast, maple syrup, cheesy scrambled eggs, fruit salad
 Lunch Red Lentil Soup*, Roasted Potatoes and vegetables, Hummus, Pita bread
 Dinner Fajitas (rice, beans, avocado, veggies, cheese, free-range/organic chicken)
 Dessert Carrot Cake+

Saturday Dec 31

Breakfast Breakfast wraps (fresh veggies, cheese, beans, scrambled eggs with veggies), with
 hashed browns
 Lunch Hearty Minestrone*, Grilled Cheese Sandwiches, Oatmeal Cookies
 Dinner Roasted Yam and Carrot, Rice Pilaf, Broccoli and Cauliflower baked with cheese*,
 marinated tofu, glazed salmon
 Dessert Apple Crisp* with Vanilla dairy and soy icecreams

Saturday Evening Snack Table

Corn chips with Salsa and Guacamole, Hummus and pita, Fresh fruit (apples, bananas, grapes),
 muffins and/or cookies, crackers and cheese, chocolate, Fresh vegetables and dip, Hot Chai Tea

Sunday Jan 1

Breakfast Pancakes and blueberry sauce*, whipped cream, veggie sausages
 Lunch Vegetarian Shepherds pie*
 Dinner Indian Buffet – rice, naan bread, Channa Marsala*, Palak Paneer*, Veggie Curry*
 Dessert Rice Pudding*, fruit salad

Monday Jan 2

Breakfast Veggie Frittata*, Tofu scramble, veggie sausages, hashed browns
 Lunch Spiced Carrot-Yam soup*, sandwich bar, brownies