



Winter Menu, 2016.

**Mondays: Rice Day**

Starter: Veggies with hummus or cashew butter

Main: Brown rice with with curried potato and chickpeas

Dessert: Pumpkin bread

**Tuesdays: Bread Day**

Starter: Minestrone soup

Main: Bread and butter

Dessert: Seasonal fruit

For the following Wednesdays, a piece of wild-yeasted (now going on 2 years old) bread will be served with the meal.

**Wednesdays: Roots Day**

Starter: Green salad

Main Course: Curried cauliflower, potato & chickpeas served with a slice of buttered bread

Dessert: Seasonal fruit

**Thursdays: Grain Day**

Starter: Green salad

Main: Winter Barleyotto with roasted veggies ("Grod" in Danish)

Dessert: Seasonal fruit

**Fridays: Legume Day**

Main: Nsima and Ndiwo (Cornmeal and Vegetables), traditional staple of Zambia and Malawi

Dessert: Medjool dates stuffed with walnuts

Cheese: Sheep or goat milk (stinky) cheese