

# PMN 2023 SUMMER GATHERING

## MENU

Alternatives for those with food allergies and sensitivities:

FRIDAY DINNER MEAT & VEGGIE CHILI Both chilis have tomatoes, garlic, onions, chili and cumin powder. The meat chili has ground beef and pinto beans. The Veggie chili has eggplant, green peppers, oregano, basil, parsley and lemon juice. Shredded cheddar cheese can be added as you like. CORN BREAD Ingredients include corn meal, flour, yogurt, milk, eggs, oleo, honey, baking soda and powder, salt. GREEN SALAD with two dressings available: House, with tahini, canola oil, ginger, garlic, tamari and lemon juice; and Vinaigrette, with olive oil, balsamic vinegar, salt, pepper, mustard, basil, maple syrup, tamari & other spices and herbs.

Lentil/spinach soup—just lentils, spinach, onion, lemon juice and oil

Non-dairy rye and gluten-free bread Rice Cakes

SATURDAY BREAKFAST PANCAKES ingredients include wheat flour, baking powder, cinnamon, butter, eggs and salt. Served with maple syrup. OATMEAL—made with old-fashioned rolled oats YOGURT ORANGE & APPLE JUICES, BANANAS, COFFEES, TEAS & MILKS

Gluten-free unsweetened pancakes

SATURDAY LUNCH HUMMOUS is made with chick peas, garlic, tahini, lemon juice, scallions and parsley. TABOOLI a salad made with quinoa, parsley, tomatoes, scallions, garlic, olive oil, lemon juice and mint. WHOLE WHEAT PITA BREAD GREEN SALAD with two dressings available: House, with tahini, canola oil, ginger, garlic, tamari and lemon juice; and Vinaigrette, with olive oil, balsamic vinegar, salt, pepper, mustard, basil, maple syrup, tamari & other spices and herbs. FRUITS, COFFEES, TEAS, & ICED HERB TEA

Rye & gluten-free breads; Rice cakes; nut butters; jams & jellies

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SATURDAY DINNER **SPICY FRIED TOFU** This dish includes turmeric, dill weed, basil, thyme, cumin, curry powder, garlic, wheat-free tamari and nutritional yeast. **MARINATED BAKED CHICKEN** Ingredients in the marinade are red wine vinegar, tamari, oil, garlic, honey & corn starch. **RICE** with peas and onions **RICE & BEANS** with pinto beans, garlic, onions, salt and cumin **GREEN SALAD** with two dressings available: House, with tahini, canola oil, ginger, garlic, tamari and lemon juice; and Vinaigrette, with olive oil, balsamic vinegar, salt, pepper, mustard, basil, maple syrup, tamari & other spices and herbs **BREADS/ROLLS** **SPICE WONDER CAKE** a non-dairy gluten-free cake made with agave, Bob's gluten-free flour, salt, baking soda, cinnamon, allspice, cloves, nutmeg, vinegar, oil and vanilla.

SUNDAY BREAKFAST **SCRAMBLED EGGS**  
**OATMEAL**—made with old-fashioned rolled oats  
**YOGURT BAGELS** with cream cheese and butter  
**ORANGE & APPLE JUICES, BANANAS,**  
**COFFEES, TEAS & MILKS**

SUNDAY LUNCH **RICE SALAD** Ingredients include Brown Basmati Rice, red onions, black olives, broccoli, balsamic vinegar, olive oil, salt & pepper **BREADS**  
**LEFTOVERS** a selection of the weekends offerings **GREEN SALAD** with two dressings available: House, with tahini, canola oil, ginger, garlic, tamari and lemon juice; and Vinaigrette, with olive oil, balsamic vinegar, salt, pepper, mustard, basil, maple syrup, tamari & other spices and herbs. **FRUITS, COFFEES, TEAS, & ICED HERB TEA**

Alternatives for those with food allergies and sensitivities:

We can make some of the tofu and chicken without the spices and marinade—please let the kitchen know at lunch—thanks!

Gluten-free bread  
Rice Cakes

Rice Salad can be made without Balsamic vinegar—just let the kitchen staff know Saturday if you need this alternative. Thanks.  
Rye & other breads; nut butters; jams & jellies Rice Cakes