

# Nourishing Traditions Meal Ticket 2011

Tentative Menu ~ *subject to change*

Produce, meats, and dairy are primarily sourced locally and organically

## Friday Dinner

Savory Meatloaf with a Red Wine & Mushroom Sauce

Rosemary & Garlic Infused Smashed Potatoes

Steamed Fresh Seasonal Veggie

Lacto-fermented Ginger Carrots

Artisan Bread & Butter

Winter Squash Cakes with Whipped Cream & Toasted Almonds

## Saturday Breakfast

Soaked Oatmeal with choice of Nuts, Seeds, Raisins, Butter, or Brown Sugar

Hard Boiled Farm Fresh Eggs

Homemade Golden Granola with Farm Fresh Yogurt & Milk

Artisan Bread, Butter, & Honey

Whole Fruit

## Saturday Lunch

Hearty Herbal Soup with Red Lentils & Homemade Stock

Basmati Rice

Seasonal Salad Greens with Dill Ranch Dressing

Roasted Beets with Dandelion Greens

Artisan Bread with Roasted Garlic & Eggplant Spread

Lacto-fermented Kraut

## Saturday Dinner

Sliced Turkey with Giblet Gravy

Butter-Simmered Kale and Collards with Red Onions & Burdock Root

Whipped, Buttered, & Baked Sweet Potatoes

Mixed Green Salad

Lacto-fermented Corn Relish

Artisan Bread & Butter

Apple Crisp & Vanilla Ice Cream

## Sunday Breakfast

Egg, Cheese, & Sausage Casserole with Parsley & Chives

Creamy-style, Coarse-ground, Yellow Grits with Butter

Homemade Golden Granola with Farm Fresh Yogurt & Milk

Fresh Fruit

## Sunday Lunch

Asian-style Soba Buckwheat Noodle Salad with Ginger Dressing

Artisan Bread & Creamy Pesto Spread

Lacto-fermented Pickled Cucumbers