



Every Monday, 6:30pm

Monday Night Veggie Dinners

June—July 2011

650.599.3320

100% Vegan!

Most meals available
Gluten Free

Held at the First Baptist Church
305 North California Avenue at Bryant, Palo Alto

Sit down or takeout, soup to dessert – \$15
Online or phone RSVP requested by Monday 9:30am.

RSVP Online

macrochef.org
peninsulamacro.org

Chef Gary Alinder. Dinner Manager Ilona Pollak. Sponsored by the Peninsula Macrobiotic Community, a secular, non-profit organization not affiliated with any religious organization.

UPCOMING MENUS

June 6 – James Holloway, Chef

Classic Split Pea Soup, Tofu Vegetable Frittata, Long Grain Brown Rice Pilaf, Roast Cauliflower w/Braised Carrots & Fennel, Raw Kale & Greens Salad w/ Meyer Lemon Vinaigrette
Zucchini Cake, Mint Melange Tea

June 13 – James Holloway, Chef

Caribbean Sweet Potato Soup, Savory Garbanzo Bean Cutlets w/Shiitake Gravy, Steamed Summer Squash w/Roasted Red Onions, Green and Red Cabbage Slaw, Fresh Cucumber & Daikon Radish Pickle
Chocolate Chip Cookies, African Rooibos Tea

SPEAKER

After-Dinner Presentation: To be announced

June 20

Moroccan Lentil Soup, Summer Veggie Tagine with Green Olives and Preserved Lemon, Quinoa Pilaf with Caramelized Onions, Baba Ghanoush with Pita Triangles, Mixed Green Salad with Citrus Vinaigrette
Orange Spice Bars, Mint Tea

June 27

Mushroom Consommé with Summer Greens, Tempeh-Potato Croquettes with Tarragon Mayo, Rice, Barley and Caramelized Onion Pilaf, Summer Vegetable Succotash, Mixed Green Salad with Toasted Dulce
Coconut Date Bars

July 4 – Independence Day Holiday

(no dinner)

July 11

Light Summer Miso Soup, Nori Roll-ups with Marinated Tempeh and Ginger Pickles, Roasted Corn and Summer Squash Salad, Pickled Carrots and Turnips, Mixed Green Salad
Cool Apple Gel with Fresh Fruit, Barley Tea

July 18 – Susanne Jensen, Chef

French Meadows Favorites, Corn Chowder, Rice salad, Lentil pate with rye crackers, Roasted yellow squash and onion, Mixed green salad with tahini red onion dressing
Chocolate chip cookies, Kukicha tea

July 25 – Susanne Jensen, Chef

White bean vegetable soup, Tempeh in mustard herb sauce, Brown basmati rice, Mixed vegetable medley, Baby greens with lemon vinaigrette
Mini chocolate cup cakes, Lemon ginger tea

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