

MENUS FOR EARTHCARE

Food provided by the Green Fields Market of Greenfield

Friday, September 9, BARBECUE SUPPER

Barbeque Chicken (Skinless, boneless thighs)

Tofu and Vegetables (stir-fry w. ginger sesame sauce) VEGAN

Side dishes: Potato salad, cole slaw.

Chips.

Dessert: Cookies.

Beverages

Saturday, September 10, LUNCH

Half-wrap sandwiches (assorted, including vegan)

Side dishes: Crazin' Chicken Salad, Quinoa Tabouleh

Chips.

Dessert: Cookies.

Beverages

Saturday, September 10, DINNER

Grilled Chicken Breast, w. Teriyaki, or Sesame Ginger Sauce

OR

Vegan Stuffed Portabello (Korean spiced filling of brown rice and spinach)

Side dishes: Seasonal Vegetable Medley, Scallion Jasmine Rice

Dessert: Pies

Beverages