

MENUS

The Italian Event, Tuscany, Italy | 29th August - 5th September 2010

WRISTBANDS

PURPLE

Standard Menu, Optional Dishes, Standard Extras

GREEN

Standard Menu, Standard Extras

MONDAY DINNER

STANDARD MENU

Minestrone
Rice salad with corn and chives
Sesame tofu
Baked zucchini & cherry tomatoes
Carrot salad and lamb leaves
Apple crisp

STANDARD EXTRAS

Buttered new potatoes
Baked beans

OPTIONAL DISHES

Oven roasted salmon
w/ lemon and cracked
black pepper

TUESDAY LUNCH

STANDARD MENU

Couscous (rice)
Chickpea curry
Carrot and squash
Green salad with mustard dressing

STANDARD EXTRAS

Pizza Margarita
Chips

TUESDAY DINNER

STANDARD MENU

Cream of cauliflower soup w/ coriander
Buckwheat and greens
Tempeh salad
Blanched broccoli with sesame sauce
Sauteed carrot with ginger
Radicchio fennel salad
Fruit salad w/ vanilla sauce & nuts

STANDARD EXTRAS

Mashed potato with olive oil and chives
Baked Beans

OPTIONAL DISHES

Smoked Haddock w/
whole grain mustard sauce

WEDNESDAY LUNCH

STANDARD MENU

Brown rice with green sauce
White beans salad
Blanched spring cabbage
Carrot salad w/ lemon herbs dressing

STANDARD EXTRAS

Pasta Spirals w/ tomato sauce
and Parmesan Cheese



WEDNESDAY DINNER

STANDARD MENU

Polenta
Azuki beans soup
Seitan kebabs with teryaki sauce
Cucumber salad
Baked fennel
Chocolate cream w/ nuts and vanilla sauce

STANDARD EXTRAS

Saute new potatoes & grilled tomatoes
Veggie/Quorn sausages

OPTIONAL DISHES

Grilled Plaice w/
crunchy pesto topping

THURSDAY LUNCH

STANDARD MENU

Pasta with pesto sauce
chickpeas and kidney beans salad
roasted carrots
greens salad

STANDARD EXTRAS

Jacket potato halves w/
cheese and coleslaw

THURSDAY DINNER

STANDARD MENU

Fennel cream soup
Brown rice with fresh shitake and pecans
Tempeh Stew
Butternut squash
Blanched greens
Carrot rocket and olive salad
Polenta coconut cake

STANDARD EXTRAS

Saute new potatoes & grilled tomatoes
Baked beans

OPTIONAL DISHES

Grilled butterfly sardines

FRIDAY LUNCH

STANDARD MENU

Quinoa pilaf
Savory black eye peas
Broccoli with peanut sauce
Stuffed baked mushrooms
Beetroot salad

STANDARD EXTRAS

Pizza Marguerita
Chips

FRIDAY DINNER

STANDARD MENU

Red lentil soup
Bulgur salad
Seitan cotelette
Tomato salad with avocado
Lemon gelee w/ mint leaves

STANDARD EXTRAS

Veggie/Quorn burgers
Jacket potato

OPTIONAL DISHES

Seafood Pasta w/
button mushrooms and cherry tomatoes



SATURDAY LUNCH

STANDARD MENU

Millet salad with sunflower seeds
Pinto beans with chives
Baked mixed vegetables w/ herbs de provence
green salad, radishes, cucumber

STANDARD EXTRAS

Brie and Chive Frittata
Chunky chips

SATURDAY DINNER

STANDARD MENU

Red lentil soup
Bulgur salad
Seitan cotelette
Tomato salad with avocado
Lemon gelee w/ mint leaves

STANDARD EXTRAS

Pizza w/ mozzarella
Baked beans

OPTIONAL DISHES

Haddock stake w/
tomato & paprika butter

SUNDAY BRUNCH

THE ULTIMATE FANTASY!
to be announced

DAILY BREAKFAST BUFFET

STANDARD MENU

Grain porridge w/ raisin sauce and toasted
almonds
Sugar free cereals w/ soya Milk
Miso Soup
Steamed bread, rice cakes & spreads
Tea and Coffee.

STANDARD OPTIONS

Toast w/ butter
Designer muesli bar with milk

OPTIONAL DISHES

Fried free range eggs
or
Seasonal cut fruit.

STAFF

CATERING MANAGER - TBA
MACROBIOTIC HEAD CHEF - TBA
OPTIONAL DISHES CHEF - TBA

CATERING AND SERVING STAFF

One World chefs, volunteers
and La Chiara di Prumiano staff