

Old English to Native American Quest

5 Day Retreat

Menus-Day 1

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Dinner

Apple sausage ring or
Vegetarian apple sausage ring

Rumpledethumps

A potato, cabbage and leek casserole topped with butter and cheddar cheese

Mixed green salad with edible flowers
Cider vinegar, mint and wild thyme dressing

Rosemary sourdough bread

Rose petal pudding

Menus-Day 2

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Breakfast

Spiced apples & bulgur (A hot cereal)

Irish soda bread

Butter * Jam * Honey

Coffee * Herbal Tea * Juice

Milk * Rice Milk

Lunch

Welsh rarebit
With apples, broccoli & walnuts

Herbal Iced Tea * Water

Dinner

Rainbow trout
With spinach & onions

Roasted red potatoes

Orange & mushroom salad

Fig and raisin cream served with vanilla ice cream

Menus-Day 3

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Breakfast

Irish oatmeal (A hot cereal)

Currant scones
Butter * Jam * Honey
Fig & raisin cream

Coffee * Herbal Tea * Juice
Milk * Rice Milk

Lunch

English stuffed tomatoes with nutted forecmeat
(A vegetarian Interpretation)

Radish and carrot nibbles

Herbal iced tea * Water

Dinner

Native American_corn pudding

Cherokee red & green mixit (A native American Ratatouille)

Spiced Jerusalem artichoke, root vegetable & bean salad

Strawberry bread with strawberries poached in honey syrup

Herbal iced tea * Water

Menus-Day 4

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A day of fasting for workshop participants

Breakfast

Trail mix

for those who need it to maintain
their blood sugar levels

Lunch & diner

Leftovers

Breaking of the fast

Fruit Salad

Break-fast cookies (7 whole grains & fruit and nut cookies)

Menu-Day 5

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Mid Day Feast

Pumpkin soup

Roast turkey

With cranberry sauce

Pinon-raisin stuffing

Hazelnut & mushroom wild rice

Mixed greens

With honey mint dressing

Seasonal fruit cornmeal cobbler

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Sojourner balls

Maple Nut Popcorn balls for the long road home

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