

Gourmet Vegetarian Dinners

August and September 2008

Every Monday, 6:30 PM. Sit down or takeout, \$15. \$5-10 donation suggested for lectures.
First Baptist Church, 305 North California Avenue at Bryant, Palo Alto, 1/4 mile East of Alma.
Sponsored by the Peninsula Macrobiotic Community. Chef Gary Alinder.

Reservations Requested by Monday 9:30 AM: 650 599-3320

<http://peninsulamacro.org>

August 4

Cool Gazpacho
Three Grain and Cashew Burgers with Herbed "Mayo" Sauce
Mediterranean Lentil Salad
Summer Veggies with Basil Vinaigrette
Mixed Green Salad
Vanilla Pudding with Bananas and Toasted Almonds
Iced Grain Coffee

August 11

Savory Rice and Spinach Soup
Eggplant Cutlet with Fresh Tomato Sauce
Couscous and Chickpea Salad
Braised Saffron Cauliflower
Chopped Greens and Veggie Salad with Tahini Dressing
Baklava
Mint Tea

Joe Deisher leads
*Our Fifth Annual Summer Qigong
Walk and Talk*

August 18

Light Summer Miso Soup
Nori Roll-ups with Marinated Tempeh, Julienne Veggies and
Ginger Pickles
Chilled Sesame Soba Noodles
Mixed Greens and Marinated Veggies
Raspberry Kantan with Fresh Fruit
Gen Mai Cha

August 25

Creamy Summer Squash Soup with Herbed Croutons
Corn, Caramelized Leek and Tofu Frittata
Orzo and Roasted Veggie Salad
Cuminy, Braised Carrots
Mixed Green Salad
Corn Cake with Fruit Sauce
Grain Coffee

September 1 – Labor Day Holiday, No Dinner

September 8

Garbanzo-Noodle Soup
Zucchini-Eggplant Moussaka
Rice and Cabbage Pilaf
Green Beans with Toasted Almonds
Romaine/Radicchio Salad with Sweet Herb Dressing
Oatmeal-Raisin Cookies
Grain Coffee

September 15

Leek and Potato Soup
Millet Croquette with Creamy Corn Sauce
Black Bean Salad
Cabbage-Carrot-Jicama Slaw
Roasted Squash Triangles
Old-Fashioned Cucumber Salad
Walnut Cake
Mint Tea

Dr. Jenny Lee speaks on
Five Secrets to Looking and Feeling Young

September 22 – Guest Chef James Holloway

Golden Split Pea Soup
Tofu Cutlets with Creamy Onion Gravy
Short Grain Brown Rice
Summer Squash Gratin
Salad with Ginger Vinaigrette
Chocolate Chip Cookie
Lemon Grass Tea

September 29 – Guest Chef James Holloway

Minestrone Soup
Tofu Frittata with Roasted Red Sauce
Quinoa Pilaf
Braised Golden Beets
Fall Greens Salad
Millet Oatmeal Raisin Cookies
Twig Tea

The Peninsula Macrobiotic Community

Twenty-One Years of Gourmet Vegetarian Dinners

Chef: Gary Alinder
Assistant Chef (Honorary): Chuck Collison
Guest Chef: James Holloway
Backup Chef: Paul Schmitt
Clean-up: Colleen Corey, Paul Moran

President: Ken Becker
Dinner Manager: Miklane Janner
Newsletter Editor/Webmaster: Gerard Lum
Volunteers: Jane Kos, Patricia Becker,
Bob Griffin, K.C. Griffin, Kate Latham

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