

Gourmet Vegetarian Dinners

October and November 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>

October 6

Silken Tofu and Corn Soup
Sweet Thai Curried Vegetables
Jasmine Brown Rice
Green Papaya and Carrot Salad
Cucumber Relish
Crisp Lentil Cracker
Coconut Squares with Mango Sauce
Tea

October 13 – *Guest Chef James Holloway*

Savory Black Bean Soup
Tempeh Onion Enchiladas
Spanish Short Grain Brown Rice
Sweet and Spicy Stewed Red Cabbage
Jicama and Daikon Salad
Oatmeal and Crystallized Ginger Cookie
Tea de Manzanilla (Chamomile)

October 20

Creamy Cauliflower Soup
Moroccan Veggie and Chick Pea Stew with Seitan
Couscous Pilaf
Broccoli Sauté
Mixed Green Salad
Orange Spice Bars
Mint Tea

Barb Jurecki-Humphrey speaks on
Realizing Your Life Potential and Dreams with Feng Shui

October 27

Autumn Veggie Miso Soup
Short Grain-Aduki Bean Rice with Scallion-Miso Garnish
Braised Tofu with Carrots, Snow Peas and Gingery Kuzu Sauce
Glazed Kabocha Squash
Cucumber-Wakame Salad
Pear Crunch
Gen Mai Cha

November 3

Split Pea Soup
Tofu Frittata with Arugula, Sun Dried Tomatoes,
Mushrooms and Artichoke Hearts

Continued

November 3 – *Cont'd*

Long Grain Brown Rice
Steamed Veggie Melange
Mixed Green Salad with Lemon-Tahini Dressing
Trail Mix Cookies
Tea

November 10 – *Guest Chef James Holloway*

Yukon Potato Corn Chowder
Tofu Mushroom Stroganoff
Brown Rice Pilaf
Roast Cauliflower and Sunchokes
Green and Red Cabbage Slaw
Meyer Lemon Cake
Peppermint Tea

Dr. Samia McCully speaks on
*The Role of Naturopathic Medicine in
Food Sensitivities*

November 17

Cuminy Sweet Potato Pinto Bean Soup
Barbecued Tempeh & Veggie Soft Tacos with
Guacamole and Tofu Sour Cream
Quinoa Pilaf
Savory Autumn Veggies
Mixed Salad Greens with Sweet and Tangy Herbal Dressing
Peanut Butter Squares
Cinnamon Grain Coffee

November 24 – *Thanksgiving Celebration*

\$22 Sitdown, \$20 Takeout

Chefs Gary Alinder and James Holloway

Sparkling Fruit Punch
Creamy Sweet Potato Corn Chowder
Breaded Tofu Triangle Cutlets
Mashed Golden Yukon Potatoes with Parsley
Green Beans with Carrots, Caramelized Onion, and Cranberries
Roast Golden and Red Beets
Savory Spicy Cranberry Chutney
Wild Green Salad with Local Oranges and Pomegranates with
Meyer Lemon-Apple Vinaigrette
Sweet Potato/Pumpkin Pie with Tofu Whipped Cream
Assorted Herbal Teas

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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