



Every Monday, 6:30pm

Gourmet Vegetarian Dinners

www.peninsulamacro.org

June / July 2009

650.599.3320

Held at the First Baptist Church
305 North California Avenue at Bryant, Palo Alto
Sit down or takeout, soup to dessert – \$15
Reservations Requested by Monday 9:30am.

Chef Gary Alinder. Sponsored by the Peninsula Macrobiotic Community, a secular, non-profit organization not affiliated with any religious organization. www.peninsulamacro.org

100% Vegan!

UPCOMING MENUS

June 1 Lentil-Spinach Soup with Cumin and Smoked Paprika; Chickpea-Eggplant Cutlets with Roasted Tomato Sauce; Couscous; Cauliflower with Saffron, Currants and Almonds; Salad Greens with Creamy Aioli Dressing; Greek Tahini Cake; Mint Tea

June 8 - Guest Chef James Holloway Minestrone Soup; Browned Tofu Cutlets with Mushroom Sauce; Mixed Grain Pilaf; Savory Braised Cauliflower and Carrot; Field Greens Salad with Meyer Lemon Silk Dressing; Millet Delight Cookies; Tea

June 15 - Guest Chef James Holloway French Onion Soup; Millet Tempeh Burgers with Puttanesca Sauce; Tabbouleh Salad; Sweet Corn Salad; Broccoli Salad; Zucchini Cake; Tea

June 22 Yellow Split Pea Soup with Fresh Mint; Five-flavor Rice Plate: Fried Tempeh with Peanut Sauce, Sweet Potato Curry, Fresh Corn Salad, Cucumber Salad, Greens Sauté with Shiitake Mushrooms, Nori Garnish; Lemon Bars; Jasmine Green Tea

June 29 Corn and Potato Posole; Tostadas with Saucy Black Beans, Marinated Veggies, Avocado and Tofu Sour Cream; Golden Rice Salad; Cinnamon-Cumin Glazed Sweet Potatoes; Chopped Veggie and Green Salad with Lime Vinaigrette; Cool Coconut Custard with Mango Sauce; Lemon Grass Tea

SPEAKER

Amy Joy Lanou, PhD, speaks on Building Bone Vitality: A Revolutionary Plan to Prevent Bone Loss and Reverse Osteoporosis

July 6 - Independence Day Weekend, No Dinner

July 13 Farro-Veggie Soup; Mediterranean Salad Bar: Mixed Greens, Fusilli-Roasted Veggie Salad, Marinated Summer Veggies, Cherry Tomatoes, Warm Cannellini Bean-Radicchio Salad, Whole Wheat French Bread with Tapenade; Baklava; Iced Mint Tea

July 20 - Guest Chef Susanne Jensen Corn Soup; White Beans with Garlic, Onion and Fresh Herbs; Polenta and Pesto; Roasted Summer Vegetables; Mixed Greens Salad with Lemon Vinaigrette; Couscous Cake with Strawberry Topping; Herb Tea

July 27 Chilled Beet Borscht with Tofu Sour Cream; Tempeh-Potato Croquettes with Tarragon "Mayo"; Barley-Rice-Corn Salad; Glazed, Roasted Summer Veggies; Mixed Greens with Herbed Vinaigrette; Summer Fruit Crunch with Rice Dream; Tea

SPEAKER

Meredith McCarty speaks on Designing Plant-Based Menus for Color, Flavor, Variety, Balance, Health, and Happiness!

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