



Every Monday, 6:30pm

# Gourmet Vegetarian Dinners

www.peninsulamacro.org

## August / September 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

**August 3 - Guest Chef Chuck Collison** Black Bean Soup with Jalapeno-Lime-Cashew "Cream" Swirl; Mexican Lasagna with Burdock Veggie "Meat" Filling; Spanish Rice; Broccoli with Toasted Pepitas; Fresh Green Salad with Marinated Jicama; Mexican Chocolate Cake; Grain Coffee

**August 10 - Guest Chef James Holloway** Indian Corn Chowder; Red Lentil Dahl; Alo Gobhi; Garam Masala Squash; Summer Cucumber Salad; Coriander Spice Cake; Chai Tea

**August 17 - Chef Gary Alinder** Light Summer Miso Soup; Nori Roll-ups with Marinated Tempeh and Ginger Pickles; Soba Noodle Salad; Tangy Corn and Summer Squash Salad; Cucumber, Tomato and Mixed Green Salad; Cool Apple Gel with Fresh Fruit; Iced Barley Tea

**August 24 - Guest Chef Chuck Collison** "Cream" of Summer Squash Bisque; Corn Basil and Olive Tofu Tart; Herbed Quinoa Pilaf; Green Beans with Roasted Red Pepper and Garlic; Fresh Green Salad with French Dressing; Strawberry Pudding; Spearmint Tea

**SPEAKER** *Joe Deisher speaks on Talking and Walking: Outlining an Understanding and Living a Life of Health*

**August 31 - Guest Chef James Holloway** Minestrone Soup; Tempeh Chili; Millet Pilaf; Zucchini, Onion, and Red Cabbage Pickle; Arugula Green Salad; Corn Cake; Grain Coffee

**September 7 - Labor Day Holiday, No Dinner**

**September 14 - Guest Chef James Holloway** Black Bean Gazpacho; Tofu Vegetable Frittata; Brown Rice Pilaf; Braised Broccoli with Ginger Vinaigrette; Spicy Cauliflower Medley; Coconut Cookies; Mint Lemon Grass Tea

**September 21 - Guest Chef James Holloway** White Bean and Cabbage Soup; Lentil Loaf with Roasted Tomato Sauce; Millet Quinoa Pilaf; Roast Fall Winter Squash; Savory Greens Salad; Zucchini Cake; Chamomile Tea

**SPEAKER** *Dr. Tia Rich introduces CARES™, practical Compassion, Awareness and Relationship skills to Ease Stress*

**September 28 - Chef Gary Alinder** Late Summer Veggie Soup with Pesto; Provençal Rice and Veggie Salad; Braised Cannellini Beans with Roasted Seitan, Fennel and Tomato; Cauliflower "Chicken" Salad with Whole Wheat French Bread; Mixed Green Salad with Caesar Dressing; Rich Almond-Carob-Fig Squares; Chicory Grain Coffee

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