



Every Monday, 6:30pm

# Gourmet Vegetarian Dinners

www.peninsulamacro.org

December 2009 / January 2010

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

**December 7** French Onion Soup; Lentil, Millet and Sunny Seed Cutlets with Tahini Onion Gravy; Long Grain Brown Rice Pilaf; Roasted Cauliflower and Carrots with Black Sesame Seeds; Braised Kale, Collards and Anise with Lemony Vinaigrette; Green Cabbage Pickle; Coconut Cake; Mint Tea

**December 14 - Winter Solstice Celebration**  
**Chefs James Holloway and Gary Alinder**  
**(\$18 Sitdown, \$16 Takeout)**

Holiday Punch; Caramelized Onion and Veggie Broth with Herbed Croutons; Neat Loaf with Mushroom Gravy; Mashed Potatoes; Sweet and Tart Red Cabbage; Maple-Glazed Butternut Squash with Dried Cranberries; Brussels Sprouts with Warm Walnut Dressing; Persimmon Pudding with Slivered Almonds, Pomegranate Syrup and Tofu Cream; Assorted Teas

**SPEAKER** *Maral Haddeland demonstrates The Ginger Compress and Other Macrobiotic Home Remedies*

**December 21 - No Dinner, Happy Holidays!**

**December 28 - No Dinner, Happy Holidays!**

**January 4 - New Year's Celebration Southern Style**  
Turnip, Collard Greens-Mushroom Soup; Cornbread Muffins; Black-eyed Pea and Veggie Croquettes with Red Onion Relish; Pecan-Brown Rice Pilaf; Roasted Sweet Potato Spears with Barbecue Glaze; Carrot-Cabbage Slaw with Creamy Dressing; Rich Ginger-Coconut Cake with Tofu-Coconut Cream; Chicory Grain Coffee

**January 11** Hearty Beet and Cabbage Borscht; Kasha Varnishka with Creamy Onion Sauce; Mashed Carrots and Sweet Potatoes; Tangy Cucumbers with Dill Vinaigrette; Mixed Greens Salad with Rye Croutons; Apple Cake; Tea

**January 18** Winter Veggie Chowder; Red Rice-Mushroom Croquettes; Chick Pea Casserole with Creamy Onion-"Cheese" Sauce; Maple-Glazed Roasted Carrots and Parsnips; Collard Greens Sauté; Trail Mix Cookies; Tea

**SPEAKER** *Claudia Delman speaks on Flower Essences and Their Potential for Healing*

**January 25 - Guest Chef James Holloway**

Green Split Pea Soup; Tofu Stroganoff; Brown and Wild Rice Pilaf with Carrot Chunks; Braised Winter Vegetables; Green and Red Cabbage Slaw; Millet Oatmeal Cookies; Tea

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