

Retreat Menu - Sample



Day 1 afternoon:

- Homemade cake, teas and coffee

Evening:

- Veggie curry – chickpea and tomato, lentil dahl, saag aloo, rice, naan bread and Indian sides

Day 2 breakfast:

- Selection of cereals, porridge, breads/toast, yogurt and fruit, juice, teas and coffee

Lunch:

- Homemade vegetarian soup and bread

Afternoon:

- Homemade cake, teas and coffee

Evening:

- Tomato pasta bake, mixed leaf salad and garlic bread

Day 3 breakfast:

- Selection of cereals, porridge, breads/toast, yogurt and fruit, juice, teas and coffee

Lunch:

- Falafel, hummus, pitta bread and selection of salads (mixed leaf, cous cous salad, olives, tomatoes)

Teas and coffee making facilities and cake and fruit are available anytime in the kitchen, please feel free to help yourself.