

M E N U – 1 0 D A Y S C O U R S E

FIND THE RECOMMENDED TIMETABLE FOR PREPARING THE FOOD ON TIME IN THE KITCHEN MANAGERS' NOTES ON PG. 45. SOME TASKS FOR LUNCH ARE TO BE DONE IN THE MORNING SO PLEASE READ THE WHOLE TIMETABLE.

Special diets for students can only be considered after they have been discussed with the teachers and if they do not require too much additional work.

For details see: Kitchen manager's appendix pg. 48.

Y O G H U R T

Only purchased yoghurt will be served. Yoghurt will not be prepared during the course.

M I L K

UHT PASTEURIZED COW'S MILK & PLANT MILK ARE BOUGHT FROM THE STORE. BOTH SHOULD BE SERVED HOT&COLD.

NB. WHEN SERVING DISHES WHICH CONTAIN DAIRY PLEASE PLACE THE CARD:
CONTAINS DAIRY

H O M E M A D E M U S L I

Quantity	2,5 kg for 2-3 days
1,75 kg	4 types of cereals (fine oats-1kg, wheat-0,25kg, rye-0,25kg-
200-250g	flax seeds, sunflower seeds, sesame
500g	raisins

Of the 4 types of cereals, the base is fine oats, to which is added a 4:1:1:1 ratio of all other types of cereals. Add some cornflakes. Mix everything in a large bowl.

The recipe is indicative, prepare Muesli in general depending on the ingredients you have available. Peanuts and almonds are **NOT** used in Muesli, they are bought for the **Khir** dessert. See Day 10.

FRUITS

- 2 pieces per person per student, except small fruits (plums, grapes...)
- Managers can tell you how many students are in the course, but the numbers of participants must be written and displayed in the kitchen from day one and updated by managers along the way.
- Wash and dry the fruit before serving.
- All students can eat fruit in the morning.
- **Only new students can eat fruit at 5 PM.**
- **At 5 PM the fruits are served only in bowls. 2 pcs / person / bowl**

PORRIDGE

N° people	15	40	60	75	100	105	130	150	
Oats *contains gluten	0,3	0,9	1,3	1,6	2	2,1	2,8	3,2	Kg
water	2,1	5,5	8,3	10,4	13,8	14,49	17,9	20,7	L
salt	0,6	1,6	2,4	3	4	4,2	5,2	6	Tsp

- Bring the water to a boil, add the salt.
- Add the oats and stir for 5 minutes on the fire. **Be careful** that it does not stick to the bottom of the pot!
- Remove the pot from the heat and let it sit for half an hour in the heat (on the edge of the hob) until the flakes swell, while keeping the pot covered with the lid.
- **Use large metal ladles for serving.**

SPROUTED SEEDS / SPROUTS

N° people	10	105
dried seeds needed/ day	20 g	210 g

You can use:

- Green lentils

- Sprouted lentils can be eaten raw.
- The seeds germinate best in a warm place with at least the ambient temperature.
- Do not cover it with lids.
- The pots in which the seeds are placed must be very clean (rinse the pots with hot water).
- Wash the sprouted seeds twice a day to avoid the growth of bacteria.

PREPARATION

- Put the seeds in a large plastic strainer (red) and wash them with cold water.
- Put the strainer in a large plastic bowl and let the seeds soak for 24 hours in twice the amount of water compared to the amount of seeds.
- Wash the sprouted seeds in a strainer with plenty of water.
- Put the seeds back in a pot with a smaller amount of water and cover with a clean, unused towel.
- Repeat the washing twice a day, every day, to avoid the accumulation of bacteria.
- As soon as they sprout, the seeds can be eaten. It is best to have freshly sprouted seeds every day.

MAYONNAISE (EGG FREE)

	10	30	60	80	100	120	140	
soy milk (not sweetened)	0,2	0,7	1,4	1,8	2,3	2,7	3,2	L
apple vinegar	1,5	4,5	9	12	15	18	21	tbsp
salt	0,5	1	2	3	3,5	4,5	5	tbsp
mustard	1	3	6	8,5	10,5	12,5	14,5	tbsp
sunflower oil	0,4	1,3	2,6	3,5	4,4	5,2	6,1	L

PREPARATION

- Combine all ingredients except oil in a large container and mix well with a hand blender or mixer.
- Add oil slowly (it takes about 1-2 minutes per 1L) and continue blending until mayonnaise has reached a thick consistency
- If the mixture becomes too thick, you can add more soy milk.

BASIC SALAD DRESSING

This recipe is for guidance only

INGREDIENTS	For a 3L bucket
sunflower oil	300 ml
olive oil	300 ml
apple vinegar	300 ml
water	900 ml
lemon juice (preserved)	250 ml
ground pepper	3 tbsp
salt	3,5 tbsp
honey/sugar	225 ml
mustard	225 ml
oregano	1,5 tbsp
basil	1 tbsp
ground cumin	1 tbsp
Provence herbs	1 tbsp
soya sauce	150 ml

PREPARATION

Mix all ingredients in a deep bowl. Add yogurt for a yogurt dressing.

If you are missing some ingredients, you can skip them.

TOMATO SPREAD

Serve this spread for breakfast and lunch.

INGREDIENTS		
tomato puree	3,2	kg
olive oil	900	ml
honey (liquid)	6	tbsp
basil	18	tbsp
oregano	7	tbsp
coriander ground	7	tbsp
paprika	7	tbsp
curry	2	tbsp
lemon juice	12	tbsp
salt and pepper	To taste	
Provence herbs	To taste	

PREPARATION: Mix all ingredients well, put the spread into jars and keep it in the fridge.

If you prepare this amount for approx. 90 persons it will probably be enough for the first 2-3 days. Prepare quantities for max. 3 days. If needed, prepare a new amount. Do not mix it with the old spread.

ADDITIONAL NOTES

- **BISCUITS: WHEN STUDENTS ARRIVE ON DAY 0 YOU CAN SERVE SOME BISCUITS, JAM & FINETTI, TEA(BAGS).**

- **Drinking water:** COLD & HOT

At *Covasna* the tap water is drinkable.

Prepare hot water in large thermoses for the male students.

Female students can get hot water from the water dispenser.

Before each meal fill the water dispenser with water and the large thermoses, boil water in the kettles in the kitchen so you have hot water when you needed.

At *Someșu Rece* prepare hot water in big thermoses. The students can take cold water at the water fountain.

At *Lunca Florii* students can take cold and hot water from the water dispenser.

- **Tea:** Place the tea bags on the buffet table so that students make tea themselves. Black and green tea are to be served only in the morning and at noon, but not in the evening / not at 17:00.
- **Coffee:** Coffee with caffeine is served at breakfast in the morning and at lunch/noon, but not served at 17:00.
- **Cereal coffee & Inka:** is served at every meal: breakfast, lunch and dinner at 17:00.
- **Milk:** quantity. 120ml-150ml milk / day / person for consumption, plus possibly something extra for use as needed. You can also serve plant milk IF AVAILABLE.
- **Yoghurt:** students can help themselves to yoghurt with a spoon at the buffet.

eg. (for 25 people) 500 ml cold milk, 1,5 L hot milk, 1 kg yogurt.

- **Bread:** quantity. 100 g / person per day.
The bread is bought for the whole course, put in the deep freezer and the quantity for the next day is taken out in the evening. Serve it in the bread box, one for each side (female&male). Refill if needed.
- **Butter:** keep&serve it in a butter dish. 1-2 packs for each side (female&male)
- **Jam, finetti (hazelnut spread), butter, peanut butter, tahini, tomato spread:** are served both for breakfast&lunch. At lunch do NOT serve **jam& finetti (hazelnut spread)**.
- **Honey** is served at 17:00 with lemon/ginger water, not for breakfast or lunch.
- If possible, keep the **lemons and ginger** in the fridge.
- **Tomatoes, cucumbers & pickled cucumbers** can be served for breakfast. If there are enough servers, they can slice the vegetables and make separate tomato and/or cucumber plates.
- For breakfast and lunch also serve: **coconut flakes, ground flaxseeds, sesame seeds, sunflower seeds, yeast flakes**. The seeds & flakes are kept in labelled jars. Put a teaspoon in each jar when you put them on the serving table. Please be mindful about serving them, the quantity should be enough for the whole course 😊
- For lunch prepare a **salad dressing & mayonnaise**. Serve separately. The dressing can be very simple, eg. *water, vinegar, oil, salt, pepper* or use the *recipe*. Prepare quantities for max. 2 days. For the salad dressing use *extra virgin sunflower oil*. On the buffet table also put: **olive oil/ extra virgin sunflower oil, balsamic vinegar, apple cider vinegar, soy sauce, salt & pepper**.
- **Cooked Rice:**

Rice is served every day for lunch. If rice is not the main side dish according to the menu, check the table of contents for quantities, and/or boil approx. 1kg/50 students white rice. Serve separately. For preparation see Day 1.

STEWED FRUIT FOR BREAKFAST

Soak the fruit the night before. In the morning they should only be heated, not boiled!
You can add water in the morning if the fruit has absorbed it all.

(A person may be appointed to prepare these fruits throughout the course)

Depending on the amount of fruit available, prepare less fruit.

Water	3-5 cm above the fruits								
N° people	15	40	60	75	100	105	130	150	
raisins *	225	600	900	1125	1500	1575	1950	2250	g
dried prunes *	150	400	600	750	1000	1050	1300	1500	g
cinnamon *	1	2	4	5	7	7	9,1	10,5	tsp

- Never mix leftovers from the previous day with freshly prepared.
- Serve them separately, first the leftovers from the previous day

LEMON WATER

Serve **Lemon Water** and **Hot Apple Juice with Ginger** at 5PM for old students only.
Please prepare the amounts given below (for approx. 40 old students).

Lemon Water 20L

water	20 L
ginger	10 cm
lemons	8-10 pieces (squeezed juice)

Peel the ginger, grate it finely, put it in boiling water. Boil it for about 10 minutes. Wash the lemons, keep them for 10-20 min. in warm water, press and roll them on a flat surface to get as much juice as possible. Put the lemon juice in the water, serve hot.

If 20l is not enough, prepare a larger quantity next time.

Ideally, one person should be responsible for preparing the lemon water and apple juice for the whole course so that the quantity can be better estimated.

It can be served with honey, if any.

Always serve sugar at 5PM.

Hot Apple Juice with Ginger 5L

water	3,5L
apple juice	1,5L
ginger	5cm
cinnamon sticks	1-2 pieces

Bring the water to a boil. Add the apple juice to the boiling water, take it off the stove. Add the cinnamon sticks and the peeled&finely grated ginger. Serve hot.

The cinnamon sticks can be reused for another day.

Never use powdered cinnamon. If there are no cinnamon sticks, do not put anything instead.

Leftover apple juice from the previous day (if it has been kept refrigerated and reheated) can be served one more time, serve it before the fresh juice runs out. Never mix the old juice with the fresh for hygiene reasons.

Please prepare each time max. 5L of this drink. The apple juice is bought at the beginning of the course and should be enough for the whole course.

In case there are no scales available:

1 kg tomatoes	8 units medium size
1 kg pepper	12 units medium size
1 kg onion	6-7 units medium size
1 kg potatoes	7-8 units medium size
1 kg carrots	7-8 units medium size
1 kg parsnip	9-10 units medium size
1 kg celery	1,5 units medium size

MENU - CONTENTS

Day 0

1. Vegetable Soup with Potatoes

Day 1

1. Red Lentils with Mint & Lemon

2. White Rice

3. Tomato Salad with Bell Peppers and Cucumbers / Lettuce, Cucumbers, Olives

4. Dessert (Turkish delight)

Day 2

1. Caraway Soup with Croutons

2. Tofu Goulash

3. White Rice

4. Waldorf Salad

Day 3

1. Dahl

2. White Rice

3. Tomato Salad with Cucumbers and Olives / Lettuce, Cucumbers, Carrots

4. Dessert (Chocolate Pudding)

Day 4

1. Vegetable Soup

2. Bolognese Sauce with Soya

3.1 Pasta (fusilli)

3.2 White Rice

4. Raw Salad with Carrots&Celery / Beetroot & Carrot Salad with Sesame Seeds

Day 5

1. Vegetable Stew

2. White Rice

3. Cabbage Salad with Caraway

4. Dessert (Schogetten Chocolate)

Day 6

1. Vegetables Soup with Beans

2.1 Boiled Potatoes

2.2 White Rice

3. Waldorf Salad

Day 7

1. Soy Stew

2.1 Polenta

2.2 White Rice

3. Cucumber Salad with Tomatoes / Beetroot Salad with Carrots

4. Dessert - Apple & Cinnamon Semolina

Day 8

1. Green Lentils with Bay Leaves

2.1 Boiled Potatoes

2.2 White Rice

3. Red Cabbage/White Cabbage Salad with Dill

Day 9

1. Yellow Pea Stew

2.1 Couscous

2.2. White Rice

3. Tomato & Cucumber Salad with Sweet Corn /

Boiled Beetroots & Sweet Corn & Pickled Cucumbers, Mayonnaise

4. Vanilla Pudding

Day 10

1. Red Lentils with Tomato Sauce

2.1 Pasta

2.2 Rice

3. Raw Vegetables

4. Khir

Afternoon

Vegetable Soup

Day 0

Vegetable Soup with Potatoes

N° people	25	35	95	105
carrots	750gr	1kg	2,5 kg	3kg
celery	1 unit	300gr /1 unit	1,3kg /2,5 units	2kg /3 units
parsnips	500gr	500gr	1 kg	1,5 kg
potatoes	3,5kg	4 kg	12 kg	15 kg
onions	2 units	500gr/3 units	700gr/5 units	1 kg/7 units
red peppers	2 units	2 units	350gr/5 units	500gr/7 units
water	7 L	8 L	20-22 L	22-24 L
oil	5 tpls/75ml	7tpls/ 100ml	15 tpls/ 200ml	25 tpls/ 300ml
salt	2 tpls	3 tpls	7-8 tpls	9-10 tpls
pepper (grain)	1 tsp	1 tsp	1,5 tpls	2 tpls
paprika	1 tsp	1,5 tsp	1,5 tpls	2 tpls
cumin	0,5 tsp	0,5 tsp	0,75 tsp	1 tsp
bay leaves	5	6	10	12

Wash and peel the vegetables and the potatoes. Cut the celery and potatoes in cubes and slice the carrots and parsnip in rounds with the kitchen processor blade. Add enough oil to cover the bottom of the pan. Sauté the peppers well in oil, add the chopped vegetables, add the spices and let them cook for another 2-3 minutes. Add water, whole onions, and when the vegetables are half cooked, add the potatoes. At the end, remove the whole onions and season.

Serve with sliced bread, butter, peanut butter, tahini and tea.

PREPARATIONS FOR DAY 1

Preparations for the next day are generally made between 3:30 pm and 5 pm when all servers can help. The manager can give rest to 1-3 people, in rotation, if possible.

- Soak the stewed fruit for the next day.
- Weigh the required amount of oat for the next day.
- Weigh the quantities needed of red lentils and rice.
- The vegetables can be cleaned, covered with cling film and refrigerated until use.
- Prepare the mayonnaise, tomato spread and a salad dressing.

Day 1

BREAKFAST

1. Porridge
2. Heat the stewed dried fruits.
3. Musli, cornflakes, coconut flakes, yeast flakes, sesame seeds, sunflower seeds, flaxseeds.
4. Milk (hot and cold), plant milk, yogurt, bread, jam, finetti (cocoa & hazelnut spread), butter, peanut butter, tahini, tomato spread.
5. Vegetables (tomatoes, peppers, cucumbers) and pickled cucumbers according to possibilities.
6. Fresh fruits (apples, bananas, melons, plums, peaches, nectarines, etc.)
7. Tea, instant coffee, cereal coffee, sugar.
8. Do not serve honey in the morning.

LUNCH

1. Red Lentils with Mint & Lemon

N° people	25	35	95	105
red lentils	2 kg	3,5 kg	7 kg	8 kg
rice	250 gr	300 gr	800 gr	1 kg
tomato/can. cubes&pulp	1,5kg/2cans	2kg/3cans	4,5kg/9cans	5kg/10cans
onions	1 unit	2 units	750gr/5 units	1kg/6 units
lemon	3 units	5 units	10 units	12 units
ginger	1,5 chunks	2 chunks	4 chunks	5 chunks
garlic	2,5 cloves	3 cloves	6 cloves	8-9 cloves
dried mint	2 tpls/4gr	3 tpls/6gr	8 tpls/16gr	10 tpls/20gr
water	2.5 times the amount of rice and lentils			
oil	0,1 dl	0,15 dl	0,2 l	0,35 l
salt	1 tsp	1,5 tsp	1,5 tpls	3 tpls
ground pepper	0,5 tsp	0,5 tsp	1,5 tsp	2 tsp
paprika	0,5 tsp	0,5 tsp	1,5 tsp	2 tsp

Fry the finely chopped onion, garlic and ginger in oil, add the paprika and the finely chopped tomatoes. Add water, lentils and the rice. Cook at slow heat until the rice and lentils are done. At the end, add the pepper, mint and salt to taste and cook for another 5 minutes. Squeeze the lemons and mix well. The dish can be served with yoghurt if available. Serve yoghurt in a separate bowl.

2. White Rice

N° people	35	50	95
rice	1,5 kg	2,5 kg	3,5 kg
salt	2 tsp	3 tsp	5 tsp
water	2,25 L	3,75 L	5,25 L

- *To cook rice, use the rice cooker.*

Remove the inner pot of the rice cooker. Rinse rice well (3 times) in water in a pot other than the inner pot of cooker. Pour the rice into the inner pot and fill up with water 1.5 times the amount of rice (water:rice 1.5:1), add salt. Stir it with the plastic spoon of the cooker. Check if the exterior of the pot is dry, it **MUSTN'T** be wet. Place the pot in the cooker. The cooker won't start unless the inner pot is placed well. Close the lid, it should make a click. Push the black handle/knob below the screen. The red button KOCHEN (COOK) turns on. During the cooking there is going to be condensation in the tray on the handle. Do not open the cooker during cooking, there is a risk of getting burnt. Once the cooking has finished the green button WARMHALTEN (KEEP WARM) turns on. The rice can be kept warm in the cooker for max. 90 minutes, afterwards it needs to be removed. Before you open the lid, unplug the cooker. Remove the inner pot carefully. It is hot, so it is recommended to use heat resistant gloves. To take out the rice from the pot use **only** the plastic spoon of the rice cooker so that you don't scratch the pot.

How to clean the cooker:

Once the inner pot has cooled down, clean it with a soft sponge, dish soap and water, **NEVER** scrub with a metal sponge or TIX/CIF. Before putting it back into the cooker, dry the exterior of the pot. If the interior of the cooker needs cleaning, eg. there is

water, rice etc. wipe it with a wet cloth and make sure it is dry before you put back the inner pot. Remove the condensation tray and clean it with water and dish soap if needed.

- *If you can't/don't wish to use the rice cooker, you can boil rice in a usual pot.*

Rinse the rice well in water. Boil the rice in salted water 1.5 times the amount of rice (water:rice 1.5:1) When the water is boiling, add the rice and salt and mix well. Reduce the heat to low and cover the pot with a lid. Caution: the rice will foam, so the pot must be deep enough (or don't fill it more than 50% full). Boil for exactly 10 minutes without lifting the lid. Remove the pot from the heat. Leave it covered for 20 minutes. Important: For the rice not to get mushy or sticky and to stay fluffy, DO NOT stir while the pot is covered. Uncover the rice and gently loosen with a fork.

3. Salad (summer/autumn)

N° people	25	35	95	105
cucumbers	2 kg	2,5 kg	5 kg	3 kg
tomatoes	2 kg	2,5 kg	4 kg	7 kg
bell peppers	1,5 kg	1,5 kg	3 kg	3 kg

Wash and cut the vegetables, serve in separate bowls, unseasoned.

3. Salad (spring)

N° people	25	35	95	105
cucumbers	2 kg	2,5 kg	5 kg	6 kg
olives	0,75kg	1 kg	2 kg	2,5 kg
lettuce (pouches of 160-180g)	2-3 pouches	4pouches	9pouches	10pouches

Wash the lettuce (if not prewashed) and tear/cut (if not already cut) into smaller pieces.

Wash the cucumbers, do not peel them, cut the ends and slice them in rounds with the kitchen processor blade. Serve the vegetables unseasoned in separate bowls.

Please adjust the required quantities of vegetables according to consumption and the stock you have.

4. Dessert (Turkish delight)

Serve one piece for each student.

PREPARATIONS FOR DAY 2

Preparations for the next day are generally made between 3:30 pm and 5 pm when all servers can help. The manager can give rest to 1-3 people, in rotation, if possible.

- Soak the stewed fruit for the next day.
- Weigh the required amount of oat and rice (1kg/50pers.) for the next day.
If the quantity is too large, adjust accordingly.
- Weigh the vegetables needed for Waldorf Salad and Zucchini Stew.
- You can make croutons for the Caraway Soup if there aren't any left/bought from the shop. Check the pantry. See instructions.
- Prepare mayonnaise for the Waldorf Salad. For the recipe see page 4.
- Marinate the tofu cubes for the Tofu Goulash. For preparation see next page.

In the evening, check the leftovers. If there is a large amount left, check in the morning whether they are still good. If they can be served at noon, reduce the quantities for that day.

Day 2

BREAKFAST - see day 1

LUNCH

1. Caraway Soup with Croutons

N° people	25	35	95	105
caraway seeds	75 gr	100 gr	200 gr	225 gr
onion	2 units	2 units	0,65 kg /4 units	1 kg/6 units
bread (IF no croutons)	1,5 units	2 units	4-5 units	6 units
water	7,5 L	10,5 L	20-22 L	22-24 L
paprika	0,5 tsp		1 tbsp	1,5 tbsp
oil	0,1 L		0,2 L	0,35 L
salt	2 tbsp	3 tbsp	7-8 tbsp	9-10 tbsp
dried parsley	to taste			

Lightly fry the caraway seeds without oil, then add some oil and paprika, mix and add water and salt. Add the whole onions, which are removed at the end, before serving. Caraway seeds are not removed. At the end add the green parsley (if any).

NB. Check if there are croutons bought, **if none**, cut the bread into small cubes, fry in a little oil, serve them separately.

2. Tofu Goulash

Marinade for Tofu Cubes

N° people	25	35	95	105
tofu cubes	1,2kg	1,5kg	4kg	4,2kg
soy sauce	40ml	60ml	150ml	175ml
salt	1,5tsp	2tsp	1tbsp	1,2tbsp
curry	1tsp	1tsp	1,5tbsp	1,5tbsp
turmeric	1tsp	1tsp	1tbsp	1,5tbsp

Cut the tofu into 1 cm cubes. Drain and transfer into a big metal tray and mix in the spices and soy sauce. Keep it in the refrigerator overnight.

Bake tofu in the oven at 180°C for approx. 20-30 minutes.

If there is no oven, skip this step.

Tofu Goulash

N° people	25	35	95	105
zucchini	1,5 kg	2kg	4,5kg	4,7kg
bell peppers	1kg	1,5kg	4kg	4,2kg
onions	500gr	600gr	2kg	2,2kg
pumpkin/carrots (if no pumpkin available)	1,5kg	2kg	4,5kg	4,7kg
turmeric	1 tbsp	1,5 tbsp	4 tbsp	4,5 tbsp
curry	1 tbsp	1,5 tbsp	4,5 tbsp	5 tbsp
paprika powder	1 tbsp	1,5 tbsp	5 tbsp	6 tbsp
soy sauce	100ml	150ml	450ml	500ml
oil	100ml	150ml	350ml	400ml
corn (canned)	0,75kg/2cans	1kg/3cans	3kg/9cans	3,3kg/10cans
coconut milk	1 can	1,5cans	4cans	5cans
salt&pepper	to taste			

Clean and cut onions, bell peppers, pumpkin/carrots into cubes.

Wash and cut the ends of the zucchini, do not peel it, cut it into cubes.

Saute first the onions, bell peppers, then add the zucchini&pumpkin/carrot cubes.

Spice it, do not add water first (zucchini will release water), cook until al dente. Add the corn and bring to the boil briefly. Finally add the tofu cubes&coconut milk to the goulash.

3. White Rice (see preparation day 1)

N° people	35	50	95
rice	1,5 kg	2,5 kg	3,5 kg
salt	2 tsp	3 tsp	5 tsp
water	2,25 L	3,75 L	5,25 L

4. Waldorf Salad

N° People	25	35	95	105
apple	1 kg	1.2 kg	2.5 kg	3 kg
cabbage	1 kg	1.2 kg	2.5 kg	3 kg
celery	750gr/1big unit	1kg/1.5 units	2.5kg/4.5units	3 kg/ 5units
mayonnaise	600ml/1jar	1l/1 jar	2,5l/2,5 jars	2,7l/3 jars
salt, pepper	to taste			

Grate the vegetables finely, mix well, add the mayonnaise and season.

See Mayonnaise recipe on page 4.

Please adjust the required quantities of vegetables according to consumption and the stock you have.

PREPARATIONS FOR DAY 3

Preparations for the next day are generally made between 3:30 pm and 5 pm when all servers can help. The manager can give rest to 1-3 people, in rotation, if possible.

- Soak the stewed fruit for the next day.
- Weigh the required amount of oatmeal and boiled rice for the next day.
If the quantity is too large, adjust accordingly.
- Soak the green lentils.
- Dahl vegetables can be cleaned (and possibly cut). Cover the containers with cling film and refrigerate until ready to use.
- Weigh the quantities for white rice and salad.
- For the chocolate pudding use plant milk (eg. coconut/rice, soy) IF AVAILABLE. If there is no plant milk use regular milk. Prepare the chocolate pudding for day 3 according to the instructions on the package. You can use approximately 1 sachet of pudding for 5 people. The pudding is better to be a little softer (so you can increase a little the quantity of milk), because it hardens a little until the next day. Put in large bowls, cover after cooling. Sprinkle it with coconut flakes IF AVAILABLE.

Day 3

BREAKFAST - see day 1

LUNCH

1. Dahl

N° people	25	35	95	105
green lentils	1.5 kg	2 kg	5 kg	5.5 kg
carrots	750 gr	1 kg	2.5 kg	3 kg
parsnips	750 gr	1 kg	2.5 kg	3 kg
turmeric	2.5 tbsp	3 tbsp	9 tbsp	10 tbsp
onions	1 kg	1.2 kg	2.5 kg	3 kg
cumin	1 tbsp	1.5 tbsp	3.5 tbsp	5 tbsp
lemon	0.5 unit	0.5 unit	2 unit	3unit
water	5 L	7 L	14 L	20 L
salt	1 tbsp	1.5 tbsp	3.5 tbsp	5 tbsp
dried parsley	to taste			
oil	100 ml	125 ml	200 ml	350 ml

Wash the lentils 3 times. Boil it with turmeric until soft (approx. 60 min.). Heat the oil in a pan, add the cumin seeds. Attention, they burn very fast! If they have burned, discard them and start again. Add finely chopped onion and cook well. When the onion is coloured, add the carrots, after 10-15 minutes, add the cooked lentils, mix well, at the end add the lemon juice, salt and the dried parsley.

3. White Rice (see preparation day 1)

N° people	35	50	95
rice	1.5 kg	2.5 kg	3.5 kg
salt	2 tsp	3 tsp	5 tsp
water	2.25 L	3.75 L	5.25 L

3. Salad (summer/autumn)

N° People	25	35	95	105
cucumbers	2 kg	2.5 kg	6 kg	7 kg
tomatoes	2.5 kg	3 kg	8 kg	9 kg
olives	750 g	1 kg	2 kg	2.5 kg

Wash and grate the vegetables, serve in separate bowls, unseasoned.

3. Salad (spring)

N° people	25	35	95	105
cucumbers	2 kg	2.5 kg	5 kg	6 kg
olives	0.75 kg	1 kg	2 kg	2.5 kg
lettuce (pouches of 160-180 g)	2-3 pouches	4 pouches	9 pouches	10 pouches

Wash the lettuce (if not prewashed) and tear/cut it (if not already cut) into smaller pieces.

Wash the cucumbers, do not peel them, cut the ends and slice them in rounds with the kitchen processor blade. Serve the vegetable unseasoned in separate bowls.

4. Dessert

The chocolate pudding prepared on the evening of the 2nd day is not served in portions.

PREPARATIONS FOR DAY 4

Preparations for the next day are generally made between 3:30 pm and 5 pm when all servers can help. The manager can give time off to rest to 1-3 people, in rotation, if possible.

- Soak the stewed fruit for the next day.
- Weigh the required amount of oat and rice (1kg/50pers.) for the next day. If the quantity is too large, adjust accordingly.
- You can clean and cut the vegetables for the Vegetable Soup, Bolognese Sauce. Wrap them in fresh foil and put them in the fridge until use.

Day 4

BREAKFAST - see day 1

LUNCH

1. Vegetable Soup

N° People	25	35	95	105
carrots	1.5 kg	2 kg	4 kg	6 kg
celery	1 big unit	1kg/1.5units	2kg/3units	2.5kg/4units
parsnips	500 gr	750 gr	1 kg	1.5 kg
onions	300 gr	500gr/ 3units	750gr/5units	1kg/7units
water	7 L	10.5 L	20-22 L	22-24 L
oil	100 ml	150 ml	200 ml	350 ml
ginger	3 chunks	4 chunks	7 chunks	10 chunks
salt	2.5 tbsp	3 tbsp	7-8 tbsp	9-10 tbsp
black pepper (grains)	0.5 tbsp	0.5 tbsp	0.5 tbsp	2 tbsp
dried parsley	to taste			

Wash and cut the vegetables. Cut the parsnip and carrots in rounds and celery in cubes. Fry the vegetables in oil, then add water and whole onions. At the end, remove the onions and add the parsley.

2. Bolognese Sauce with Soy

N° People	25	35	95	105
tomato cubes&pulp	5 cans	6 cans	17 cans	19 cans
bell peppers	500 gr	700 gr	2 kg	2.5 kg
onions	600 gr	900 gr	1,2 kg	1,7 kg
carrots	300 gr	500 gr	1 kg	1,2 kg
garlic	7 cloves	1 head	3 heads	4 heads
granulated soya	600 gr	700 gr	1.8 kg	2 kg
water (boiled)	1.5 L	1.75 L	4.5 L	5 L
tomato sauce	0.9 L	1.2 L	3 L	3.5 L
sugar	1 tsp	1.5 tsp	2 tbsp	2.5 tbsp
oil	200 ml	250 ml	400 ml	500 ml
paprika	1 tbsp	2 tbsp	4 tbsp	5 tbsp
ground pepper	1 tsp	1 tsp	2 tsp	3 tsp
oregano	2 tbsp	3 tbsp	4 tbsp	5 tbsp
basil	3 tbsp	4 tbsp	5 tbsp	6 tbsp

Boil water and put the granules into it to hydrate. Leave the pot covered until the water is absorbed.

Sauté the onion, pepper, carrots (cut with the smallest food processor possible) and garlic in the oil, add the canned tomato cubes, tomato sauce, paprika, sugar, boil for 10-15 minutes and then add the hydrated granules. Continue simmering, add the salt & spices. Stir well to prevent sticking.

3.1 Fusilli

N° people	25	35	95	105
fusilli (500gr)	4 packs	5 packs	10-11 packs	12 packs
salt, oil	to taste			

The pasta is cooked 90% in salted water, drained and placed in large bowls. You can put a little oil on it. Keep the water boiling and before serving put the pasta back shortly in the boiling water to heat it up before serving.

3.2 White Rice see preparation day 1

N° people	35	50	95
rice	0.7 kg	1 kg	1.8 kg
salt	1 tsp	1.5 tsp	3 tsp
water	1 L	1,5 L	2,7 L

4. Raw Salad with Carrots and Celery (summer&autumn)

N° People	25	35	95	105
celery	750 gr	1 kg	3 kg	3.5 kg
carrots	1 kg	1.5 kg	4 kg	4.5 kg

Wash the vegetables and grate finely, serve in separate bowls, unseasoned.

4. Beetroot & Carrot Salad with Sesame Seeds (spring)

N° People	25	35	95	105
beetroot	1 kg	2 kg	5 kg	6 kg
carrots	1 kg	1.5kg	4 kg	5 kg
sesame seeds	60 g	80 g	200 g	220 g

Wash and finely grate vegetables with the food processor, mix all ingredients, season with salt, apple cider vinegar or lemon juice, oil.

Please adjust the required amount of vegetables according to consumption and the stock you have.

PREPARATIONS FOR DAY 5

Preparations for the next day are generally made between 3:30 pm and 5 pm when all servers can help. The manager can give time off to rest to 1-3 people, in rotation, if possible.

- Soak the stewed fruit for the next day.
- Weigh the required amount of oat and rice for the next day.
If the quantity is too large, adjust accordingly.
- Weigh the vegetables for the Vegetable Stew and the cabbage for the salad.

Day 5

BREAKFAST - see day 1

LUNCH

1. Vegetable Stew

N° People	25	35	95	105
eggplant	2 big units/ 1 kg	3 units/ 1.75 kg	5 kg	5.5 kg
bell peppers	1 kg	1.5 kg	4.5 kg	4.5 kg
tomatoes/ cubes&pulp	1 kg/ 2 cans	1.5 kg/ 3 cans	4 kg/ 8 cans	4 kg/ 9 cans
onions	500 gr	750 gr	2 kg	2.5 kg
zucchini	5units/ 1 kg	1.75 kg	5 kg	5.5 kg
oil	150 ml	200 ml	450 ml	500 ml
salt	1 tbsp	1 tbsp	3 tbsp	4 tbsp
ground pepper	0.5 tsp	0.5 tsp	2 tbsp	2 tbsp
marjoram, oregano, thyme, basil	each 0.5 tsp	each 1 tsp	each 1.5 tbsp	each 2 tbsp

Wash the eggplant and zucchini, but do not peel them (peel them if they do not look fresh). Cut the eggplant into small pieces and the zucchini into larger pieces. Wash, clean and cut onions, peppers, tomatoes. Cook the onion well, add the peppers, after 10 minutes add the eggplant. When the eggplant is almost done add the zucchini, tomatoes and spices. Add water as needed, simmer until all vegetables are soft, but not overcooked (mushy).

2. White Rice (see preparation day 1)

N° people	35	50	95
rice	1,5 kg	2,5 kg	3,5 kg
salt	2 tsp	3 tsp	5 tsp
water	2,25 L	3,75 L	5,25 L

3. Cabbage Salad with Caraway

N° people	25	35	95	105
cabbage	3kg	4kg	10kg	11kg
salt		2 tsp	5 tsp	6tsp
ground caraway		1 tsp	2-3tsp	3tsp

Sprinkle the grated cabbage with salt. Leave for a few minutes, then squeeze by hand. Season it with ground caraway.

4. Dessert

Chocolate Schogetten. 2 pieces/ person

PREPARATIONS FOR DAY 6

Preparations for the next day are generally made between 3:30 pm and 5 pm when all servers can help. The manager can give time off to rest to 1-3 people, in rotation, if possible.

- Soak the stewed fruit for the next day.
- Weigh the required amount of oat and rice for the next day.
If the quantity is too large, adjust accordingly.
- Weigh the potatoes, rice, vegetables for soup and salad.
- Soak the beans.
- You can peel the potatoes for the next day, put them in the fridge covered with water.
- Prepare mayonnaise for the Waldorf Salad. For the recipe see page 4.

DAY 6

BREAKFAST - see day 1

LUNCH

1. Vegetable Soup with Beans

N° people	25	35	95	105
beans	1 kg	1.5 kg	3.5 kg	4 kg
carrots	750 gr	1 kg	2 kg	3 kg
celery	1 small unit	1 big unit/250gr	2 units/ 750gr	3 units/ 1 kg
parsnips	400 gr	500 gr	1.5 kg	2 kg
onions	350 gr	500 gr	1 kg	1.2 kg
tomato paste	0.5 jar	0.5 jar	0.75 jar	1 jar (320 gr)
bell peppers	400 gr	500 gr	1.3 kg	1.5 kg
water	7.5 L	10.5L	25 L	27 L
salt	2.5 tbsp	3 tbsp	7-8 tbsp	9-10 tbsp
black pepper grains	0.5 tbsp	1 tbsp	1.5 tbsp	2 tbsp
paprika	0.5 tbsp	1 tbsp	1.5 tbsp	2 tbsp
tarragon	0.5 tbsp	1 tbsp	1.5 tbsp	2 tbsp
oil	100 ml	100 ml	200 ml	350 ml
dried parsley & lemon juice	to taste			

Soak the beans the night before. Boil the beans, carrots cut into rounds, whole onions (remove before serving), celery diced, tarragon to taste, tomatoes and peppers with a little oil and salt. At the end, add the lemon juice or apple cider vinegar, black pepper and sprinkle with dried green parsley. It can be served with yogurt if available. Serve the yogurt in a separate bowl.

2.1 Boiled Potatoes

N° people	25	35	95	105
potatoes	6 kg	8 kg	21 kg	24 kg
dried parsley, salt	to taste			

Wash and cut the potatoes in cubes. Boil the potatoes with salt, drain and add the dried / finely chopped green parsley.

2.2 White Rice See preparation day 1

N° people	35	50	95
rice	0,7 kg	1 kg	1,8 kg
salt	1 tsp	1,5 tsp	3 tsp
water	1 L	1,5 L	2,7 L

3. Waldorf Salad

N° people	25	35	95	105
apples	1 kg	1.5 kg	3.5 kg	4 kg
cabbage	1 kg	1.5 kg	3.5 kg	4 kg
celery	1kg / 1 big unit	1.5 kg / 1,5 units	3.5 kg / 4.5 units	4 kg / 5 units
mayonnaise	600 ml / 1 jar	1 l / 1 jar	2.5 l / 2.5 jars	2.7 l / 3 jars
salt, pepper	to taste			

Grate the vegetables finely, mix well, season with salt& pepper, add the mayonnaise. Mayonnaise recipe page 4.

Please adjust the required quantities of vegetables according to consumption and the stock you have.

PREPARATIONS FOR DAY 7

Preparations for the next day are generally made between 3:30 pm and 5 pm when all servers can help. The manager can give time off to rest to 1-3 people, in rotation, if possible.

- Soak the stewed fruit for the next day.
- Weigh the required amount of oat and rice (1kg/50pers.), cabbage, vegetables for the next day. If the quantity is too large, adjust accordingly.
- Make apple semolina and cinnamon for dessert according to the recipe (see recipe on day 7).

DAY 7

BREAKFAST - see day 1

LUNCH

1. Soy Paprika Stew

N° people	25	35	95	105
soy cubes	500 gr	700 gr	2.3 kg	2.5 kg
bell peppers	1 kg	1.25 kg	3.5 kg	4 kg
onion	2 units / 500 gr	3 units / 500 gr	6 units / 750gr	7 units / 1 kg
ginger	3 chunks	4 chunks	9 chunks	10 chunks
tomato cubes&pulp	4 cans	5 cans	15 cans	17 cans
tomato paste	1 small jar	1.5 small jars	1.5 big jar	2 big jars / 720 ml
pepper grains	1 tsp	1 tsp	2 tbsp	2 tbsp
paprika, marjoram, oregano, thyme, basil	each 1 tsp	each 1.5 tsp	each 1 tbsp	each 2 tbsp
soy sauce	1 tsp	1 tbsp	1.5 tbsp	2 tbsp
salt	to taste			
sugar	1 tsp	1.5 tsp	2 tbsp	2.5 tbsp
oil	100 ml	150 ml	200 ml	350 ml

- Boil the soy cubes in water with a little salt until soft.
- Saute the onion, bell peppers, ginger. Add celery, carrots (cut with the smallest food processor possible) with a little bit of water to soften thoroughly. Then add the diced tomatoes, tomato paste, drained soy cubes, salt, sugar, spices and cook for another 10-15 minutes or until the sauce is smooth. Finally add the soy sauce and parsley.
- You can add a little more ginger (to taste).

NB: 1 piece of ginger = a piece the size of a walnut

2.1 Polenta

N° people	25	35	95	105
corn flour	0.65 kg	0.9 kg	2.5 kg	2.75 kg
water	2.6 L	3.6 L	10 L	11 L
salt	to taste			

Bring the water with salt to boil, when it boils, gradually add the corn flour and stir continuously until ready. The amount of water required may vary depending on the quality of the corn flour.

2.2 White Rice see preparation day 1

N° people	35	50	95
rice	0.7 kg	1 kg	1.8 kg
salt	1 tsp	1.5 tsp	3 tsp
water	1 L	1.5 L	2.7 L

3. Cucumber Salad with Tomatoes (summer/autumn)

N° people	25	35	95	105
cucumbers	2 kg	2,5 kg	5 kg	3 kg
tomatoes	2 kg	2,5 kg	4 kg	7 kg

3. Beetroot&Carrot Salad (spring)

N° people	25	35	95	105
beetroot	1kg	2kg	4,5kg	5kg
carrots	1kg	2kg	4,5kg	5kg

Wash and finely grate vegetables (food processor), serve unseasoned in separate bowls.

4. Dessert – Apple & Cinnamon Semolina

N° people	25	35	95	105
semolina	750 gr	1 kg	1.75 kg	2 kg
milk	3 L	3.5 L	10 L	11 L
water	1.5 L	2 L	4.5 L	6 L
salt	1 tsp	1 tbsp	1.5 tbsp	2 tbsp
apple	2-3 units	0.4 kg	1 kg	1.2 kg
sugar	100 gr	150 gr	250 gr	350 gr
vanilla sugar	4 packs	5 packs	11 packs	12 packs
cinnamon powder	to taste			

Boil water with salt, sugar, cinnamon and finely chopped apples. When the apples have softened a little, add the milk, bring to the boil and gradually add the semolina and stir constantly. Cinnamon can be served separately.

PREPARATIONS FOR DAY 8

Preparations for the next day are generally made between 15:30 and 17:00 when all servers can help. The manager can give rest to 1-3 people, in rotation, if possible.

- Soak the stewed fruit for the next day.
- Weigh the required amount of oat and rice (1kg/50pers.) for the next day.
If the quantity is too large, adjust accordingly.
- Soak the lentils.
- You can peel the potatoes for the next day and put them in the fridge covered with water.

DAY 8

BREAKFAST – see day 1

LUNCH

1. Green Lentils with Bay Leaves

N° people	25	35	95	105
lentils	1.5 kg	2 kg	5 kg	5.5 kg
onions	2 units	2 units	0,75kg / 4 units	1 kg / 6 units
carrots	750 gr	1 kg	2.5 kg	3 kg
parsnips	750 gr	1kg	2.5 kg	3 kg
ginger	2 chunks	3 chunks	5 chunks	7 chunks
bay leaves	8	10	13	20
oil	20 ml	50 ml	200 ml	350 ml
pepper grains	1 tsp	1.5 tsp	1 tbsp	1 tbsp
turmeric	1 tsp	1.5 tsp	1 tbsp	1.5 tbsp
cumin / fennel	1 tsp	1.5 tsp	1 tbsp	1.5 tbsp
salt	to taste			

Soak the lentils the night before. Saute the finely chopped onion in the oil, add the sliced carrots, after 5-10 minutes add the lentils, spices and water (1.5 times the dry amount). Green lentils need about 40-60 minutes boiling time depending on the quantity.

2.1 Boiled Potatoes

N° people	25	35	95	105
potatoes	6kg	8kg	21kg	24kg
dried parsley, salt	to taste			

Wash and cut the potatoes in cubes. Boil the potatoes with salt, drain and add the dried / finely chopped green parsley.

2.2 White Rice see preparation day 1

N° people	35	50	95
rice	0.7 kg	1 kg	1.8 kg
salt	1 tsp	1.5 tsp	3 tsp
water	1 L	1.5 L	2,7 L

3.Red Cabbage/ White Cabbage with Dill

N° people	25	35	95	105
cabbage	3 kg	4 kg	10 kg	11 kg
salt	1,5 tsp	2 tsp	5 tsp	6 tsp
dill (only for white cabbage)	2 tsp	3 tsp	5 tsp	6 tsp

Sprinkle the grated cabbage with salt. Leave for a few minutes, then squeeze by hand. Add a bit of apple cider vinegar& olive oil. Season only the white cabbage with dill (fresh or dried).

PREPARATIONS FOR DAY 9

Preparations for the next day are generally made between 3:30 pm and 5 pm when all servers can help. The manager can give rest to 1-3 people, in rotation, if possible.

- Soak the stewed fruit for the next day.
- Weigh the required amount of oat and rice (1kg/50pers.) for the next day. If the quantity is too large, adjust accordingly.
- Soak the yellow peas. It is essential to soak overnight.
- Clean and possibly cut the vegetables for the yellow peas. Store them in the fridge covered with food foil.
- For the vanilla pudding use coconut/rice milk IF AVAILABLE. If there is no plant milk use regular milk. Prepare the vanilla pudding for day 9, according to the instructions on the package. You can use approximately 1 sachet of pudding for 5 people, the pudding is better to be softer (so you can increase a little the quantity of milk), it hardens a little until the next day. Place in large bowls and cover after cooling. Sprinkle it with roasted almond flakes.
- Prepare mayonnaise for the spring/autumn salad. For the recipe see page 4.

DAY 9

BREAKFAST - see day 1

LUNCH

1. Yellow Pea Stew

N° people	25	35	95	105
yellow peas	1 kg	1.2 kg	2 kg	3 kg
cabbage (in June) /squash (in Apr & Sept &Oct)	2 kg	2.2 kg	6 kg	7 kg
onions	1-2 units	2 units	750 gr / 4 units	1kg / 6 units
bell peppers	350 gr	500 gr	1 kg	1.25 kg
tomatoes/cubes&pulp	750 gr / 1 can	1 kg / 1 can	2 kg / 2 cans	3 kg /3 cans
potatoes	1 kg	1.5 kg	3 kg	4.5 kg
carrots	1.5 kg	2 kg	4 kg	5 kg
ginger	3 chunks	4 chunks	10 chunks	12 chunks
bay leaves	3	4	6-7	10
basil / marjoram	1.5 tsp	1 tbsp	2.5 tbsp	3 tbsp
salt	1 tsp	0.5 tbsp	1 tbsp	1.5 tbsp
pepper grain	1 tsp	0.5 tbsp	1 tbsp	1.5 tbsp
paprika	1 tsp	0.5 tbsp	1 tbsp	1.5 tbsp
turmeric	1 tsp	1 tbsp	2.5 tbsp	3 tbsp
cumin	1 tsp	1 tbsp	2.5 tbsp	3 tbsp
coriander	1 tsp	1 tbsp	2.5 tbsp	3 tbsp
oil	20 ml	50 ml	200 ml	350 ml
lemon juice (optional)	70 ml	100 ml	150 ml	200 ml

Boil the peas after having soaked them overnight with bay leaves and salt. Sauté the finely chopped onions and ginger, add spices, then the chopped vegetables. Simmer until almost ready, then mix with the yellow peas and finally add the lemon juice and green spices (basil, marjoram).

NOTE: Cabbage is used in June, pumpkin in April, September, October.

2.1 Couscous

N° people	25	35	95	105
couscous	0.5 kg	0.75 kg	2.2 kg	2.4 kg
oil, salt, spices	to taste			

Use the amount of water according to the recipe on the package (usually double of the quantity of couscous). Bring the salted water to a boil with a little oil. Remove from the heat, add the washed couscous, mix and cover. It can be served after 10 minutes or after it absorbed all the water.

2.2 White Rice see preparation day 1

N° people	35	50	95
rice	0.7 kg	1 kg	1.8 kg
salt	1 tsp	1.5 tsp	3 tsp
water	1 L	1.5 L	2.7 L

3. Tomato&Cucumber Salad with Sweet Corn (summer)

N° people	25	35	95	105
cucumbers	1 kg	1.2 kg	2.5 kg	3 kg
tomatoes	2 kg	2.5 kg	7 kg	8 kg
sweet corn (canned)	750 gr	1 kg	2.5 kg	3 kg

Wash and cut the vegetables, serve in separate bowls, unseasoned.

3. Boiled Beetroots with Sweet Corn & Pickled Cucumbers, Mayonnaise (spring/autumn)

N° people	25	35	95	105
beetroot (500g jar)	5 jars	7 jars	18 jars	21 jars
sweet corn (340g can)	2-3 cans	3 cans	7-8 cans	9 cans
pickled cucumbers (850g jar)	5 jars	7 jars	18 jars	21 jars
mayonnaise	0.3 L	0.5 L	1.5 L	1.7 L

Serve in separate bowls, unseasoned. Serve mayonnaise. See the recipe on page 4.

4. Dessert - Vanilla Pudding

The vanilla pudding is prepared on the evening of the day 8 and is not served in portions.

PREPARATIONS FOR THE DAY 10

Preparations for the next day are generally made between 15:30 and 17:00 when all servers can help. The manager can give rest to 1-3 people, in rotation, if possible.

- Soak the stewed fruit for the next day.
- Weigh the required amount of oat and rice (350-400 g) for the next day. If the quantity is too large, adjust accordingly.
- Wash and cut the vegetables for the Red Lentils with Tomato Sauce. Store them in the fridge covered with food foil. *Today, the washing and cutting of the vegetables is not optional. Day 10 is Metta day and the time before the meal is much shorter than on other days, because the team usually participates in the Metta session from 9:10am to 9:50am.*
- **Prepare the dessert for the next day (see the recipe on day 10).**

DAY 10

BREAKFAST - see day 1

LUNCH

1. Red Lentils with Tomato Sauce

N° people	25	35	95	105
red lentils	1 kg	1.5 kg	2.5 kg	3 kg
carrots	1.25 kg	1.75 kg	4.75 kg	5 kg
bell peppers	750 gr	1 kg	2.5 kg	3 kg
celery	500 gr	750 gr	2 kg	2.5 kg
tomatoes/cubes&pulp	2 kg / 2 cans	2.5 kg/2 cans	7 kg / 6 cans	7.5 kg/7 cans
tomato sauce	250 gr	300 gr	1 kg	1.2 kg
thyme/marjoram/ oregano	3 tbsp	3.5 tbsp	9 tbsp	10 tbsp
water	1.25 L	1.75 L	4.25 L	5 L
salt	0.5 tbsp	0.5 tbsp	1 tbsp	1.5 tbsp
black pepper grains	0.5 tbsp	0.5 tbsp	1 tbsp	1.5 tbsp
oil	20 ml	50 ml	200ml	350ml
lemon juice (optional)	50 ml	70 ml	170 ml	200 ml

Wash the red lentils. Clean and wash the vegetables. Grate the celery and carrots, cut the peppers into small pieces. Sauté the peppers well in oil, then add the celery and carrots, and the rest of the ingredients. Boil approx. 20 minutes, or until vegetables are soft. Stir well, making sure the lentils do not stick to the bottom of the pot. At the end, add the lemon juice, and / or 2-3 tablespoons of sugar.

2.1. Pasta

N° people	25	35	95	105
pasta farfalle	3 packs	4 packs	9-10 packs	11 packs
salt, oil	to taste			

The pasta is cooked 90% in salted water, drained and placed in large bowls. You can put a little oil on it. Keep the water boiling, and before serving, put the pasta shortly in it to heat it up.

2.2. White Rice see preparation day 1

N° people	35	50	95
rice	0.7 kg	1 kg	1.8 kg
salt	1 tsp	1.5 tsp	3 tsp
water	1 L	1.5 L	2.7 L

3. Vegetable Salad

Prepare a salad from whatever veggies are left, season with salt, oil, vinegar / lemon juice.

4. Dessert – Khir (rice pudding)

N° people	25	50	100
white rice	250 gr	550 gr (2 /3 L)	1.1 kg (4 /3 L)
milk	5 L	10 L	20 L
sugar	250 gr	550 gr (2 /3 L)	1.1 kg (4 /3 L)
ground cardamom	1.5 tbsp	3 tbsp	6 tbsp
almonds (toasted &) chopped	300 gr	600 gr (2/3 L)	800 gr (4 / 3 L)
hazelnuts/peanuts (toasted &) chopped	300 gr	600 gr (2/3 L)	800gr (4/ 3 L)
dried raisins	300 gr	650gr (2/3L)	850 gr (4/ 3 L)
salt	1 tbsp	1tbsp	2 tbsp

Put the rice in the hot milk, add the salt&sugar, continue to boil until it thickens, stirring occasionally so that it does not stick. Initially, the amount of rice seems very small compared to the amount of milk, but as it boils it thickens, **so don't add rice even if it seems very little!** At the end, add almonds, hazelnuts and raisins, if possible. Preparation time is around 2 hours.

AFTERNOON

1. Vegetable Soup

N° people	25	35	95	105
carrots	750 gr	1 kg	2.5 kg	3 kg
celery	500 gr	750 gr /1 unit	1.25 kg / 2,5 units	1.5kg / 3 units
parsnips	350 gr	500 gr	1 kg	1.5 kg
potatoes	3 kg	3.5 kg	8 kg	9 kg
onions	2 units	3 units	700 gr/5 units	1 kg/ 7 units
water	7 L	8 L	20-22 L	22-24 L
oil	100 ml	150 ml	200 ml	350 ml
bay leaves	3	5	7	10
salt	2 tbsp	3 tbsp	7-8 tbsp	9-10 tbsp
black pepper grains	0.5 tbsp	0.5 tbsp	1 tbsp	1.5 tbsp
paprika	0.5 tbsp	0.5 tbsp	1 tbsp	1.5 tbsp
ginger	if there's some left			

Wash and peel the vegetables, the onions and potatoes. Put the sliced vegetables to heat in oil, add the diced potatoes, then the paprika, and add water, salt, whole onions, which are removed before serving, bay leaves and black pepper to taste. **The recipe can be modified according to the remaining vegetables.** The leftovers from lunch are also served.

DAY 11

Serve breakfast: put the leftover food from the previous day plus the remaining fresh food (milk, yogurt, bread, butter, margarine, fruits, vegetables, muesli, etc.). Being the last day, no need to make porridge, no need to prepare müsli if there are no cereals left. But since people are travelling (sometimes a long way) it's important to still serve something.

Notes for the Kitchen Manager

1. A server should be appointed to be in charge of making the wood fire in the stove, if there is a wood stove. The fire has to be made every morning at 4:10 am, so that breakfast can be cooked on time. Generally the server has to keep the fire on, especially until the lunch is cooked.
2. 1-2 servers should be appointed to be in charge of the vegetable and fruit pantry. Fruits and vegetables should be checked **daily**; if fruits are found that are bruised, start to spoil but can still be used, they can be cleaned and refrigerated and served the next day. Otherwise in a day they will definitely be thrown away. Also valid for vegetables such as tomatoes, peppers, etc. The ones that are spoiled should be discarded, the ones that last less should be consumed. On day 3-4 and then on day 6-7, inventories must be made to check fruits and vegetables and what still needs to be bought. 2 servers can go shopping, possibly one.
3. Bread should be checked daily for mould. It's preferable for a server to be responsible for this, to keep track of bread / day consumption. The bread needs to be taken out of the freezer for the next day every evening.
4. A server should be appointed to use the food processor. It's important that this person is instructed in how to operate the food processor and is assigned the task throughout the course and that other servers do NOT operate it. This is important because there is a risk that those who have not been trained will mishandle it and the robot will break down; we are at the 3rd food processor.
5. A server should be appointed to use the rice cooker. It's important that this person is instructed how to use the cooker and takes over the task throughout the course (cooking&taking out rice, cleaning the pot). Make sure the cooker is handled with care, used only with its own spoon and cleaned according to the instructions in the manual.
6. Servers may be appointed to perform certain tasks throughout the course. Such tasks could be: germinating seeds, making hot water, lemon water, salads, preparing porridge, preparing stewed fruit, yoghurt, dessert, tasks & responsibilities in the dining room which include preparing the room, checking for enough food and filling the bowls during meals, cleaning the dining room, In particular, the responsibility for the dining room is to be entrusted to one and the same person.

7. After day 2, two teams of servers can be formed to work in shifts. For the preparations between 15:30 and 17:00 all servers can help. The manager may decide to give the servers time off for rest by rotation, depending on the tasks. However, this is only possible if the servers want to work in teams.
8. In the first days, organize short meetings with all the servers, before each work interval, to assign the tasks, so that everyone will know what to do and avoid double work and mistakes. After the first days, the servers know their tasks and these short meetings can be omitted. Meetings can be arranged in the kitchen at: 05:00 (for breakfast preparation), 09:00 (for lunch preparation), 15:30 (for the preparations for the next day and preparations for 17:00).
9. Have a short meeting with the whole team every day. Preferably in the break from 15:30, then the work schedule is a bit more relaxed. Check that everyone is well, if some servers are very tired, discuss possible problems, dissatisfaction, tensions. Two chocolate bars can be served at each such meeting session (other than Schogetten, which are reserved for students, because they are ready cut into cubes).
10. If there are special diet students, who have received the consent of the teachers, a server who deals with these special diets must be appointed.
11. Students with special diets will have their assigned place in the dining room, so the special diet is served there.

12. ***RECOMMENDED TIMETABLE SO THAT FOOD CAN BE SERVED ON TIME***
ATTENTION: SOME TASKS FOR PREPARING THE LUNCH ARE TO BE DONE IN THE MORNING SO PLEASE READ IT TO THE END:
PREPARATIONS FOR BREAKFAST AND AFTER

4:10 light the fire in the wood stove if applicable

5:10 wash the fruits&vegetables for breakfast, put in large bowls/on large plates

5:30 boil water for porridge and prepare porridge

6:00 set dining hall for breakfast: bring 3 basins for the dirty dishes into the dining hall

6:00 arrange the buffet: put cutlery, plates, bowls, cups, napkins, oil&vinegar, salt&pepper, sugar etc.

6:10 heat milk, dried fruits +leftovers= dried fruits from the day before

06:20 put on the buffet table: fruits&vegetables, yoghurt, cold&warm milk, coffee (instant&cichory), tea, musli, porridge, seeds, cinnamon, jam, chocolate spread, butter&peanut butter, tahini, bread
6:25 bring breakfast to ATs
9:10 label leftovers with the day and put in the refrigerator
9:15 wash dishes used at breakfast if they have not been washed before the groupsitting
9:15 clean dining hall
10:00 set dining hall for lunch: bring 3 basins for the dirty dishes into the dining hall
10:00 arrange the buffet: put cutlery, plates, bowls, cups, napkins, oil&vinegar, salt&pepper, sugar etc.
10:30-45 put on the buffet table: coffee (instant&cichory), tea, seeds, bread, dishes, salads, dessert
10:50 bring lunch to ATs

PREPARATIONS FOR LUNCH AND AFTER

05:30 prepare the vegetables for lunch (peal, cut, wash)
06:00 cut vegetables with the kitchen robot
06:20 prepare suitable pots (large enough) for cooking
06:30 wash the dishes used for preparing lunch
7:30 all servers have breakfast
07:45-07:50 remove food from dining hall
9:10 heat water for lunch
9:15-10:30 cook lunch (very important: boil lunch latest at 9:15 unless you do this food won't be ready by 11:00)
12:00-12:30 all servers have lunch
12:30-13:00 label leftovers with the day and put in the refrigerator
12:30-13:00 clean dining hall&kitchen, wash dishes
15:40 meeting&coffee&tea&chocolate
16:00 prepare food for the next morning: soak the dried fruit for the next day, weigh the required amount of oat
16:00 prepare food for the next lunch: weigh, wash&cut the vegetables for lunch if possible. Store them in the fridge covered with food foil.
16:00 prepare 5 o'clock meal: special diets if the case, tea for all, fruits for new students, lemon water for old students
16:50 bring 5 o'clock meal to ATs
17:00-17:30 all servers have 5 o'clock meal
19:00-21:00 preparations for next day if not done yet
19:00-21:00 clean kitchen, wash the dishes used at 5 o'clock meal if not done yet

Instructions for Gluten Free Diet

Students with mild gluten intolerance

1. Great care must be taken to ensure that gluten free food is not contaminated with gluten (wheat flakes, rye, barley, bread, bread crumbs, croutons, couscous, pasta, semolina) during preparation. So keep gluten-free products in a closed box on the top shelf or in a separate corner in the storage room.

2. Breakfast

Rice cakes instead of bread: Put 3 rice cakes on a plate. Cover it with a plate and put the name of the students on it.

After use, don't forget to close the packet and seal it with a clip. Adjust the quantities. If the rice cakes are not consumed, reduce the amount for the next meal. Don't put the rice cakes that were served, but not consumed, back in the packet.

3. Lunch

When cooking and serving e.g. polenta, gluten-free pasta, etc., don't use the same wooden spoon, pots, strainers that were used, for gluten-free pasta. Use a separate pot, a regular spoon, drain the excess water with a separate plate, or lid, NOT with a strainer.

Students with coeliac disease

1. Great care must be taken to ensure that gluten free food is not contaminated with gluten (wheat flakes, rye, barley, bread, bread crumbs, croutons, couscous, pasta, semolina) during preparation. So, keep gluten-free products in a closed box on the top shelf, or in a separate corner in the storage.
2. Always check that the plates and cutlery are well washed. Wrap the cutlery tightly in a napkin.
3. Prepare a small plastic box with gluten-free food. Make sure it is always tightly closed and label it with the name of the student. Put in the box: 1 kind of a spread (peanut butter or tahini), 1 jar of jam, gluten-free oat flakes& rice cakes.

4. **Breakfast**

Bring the plastic box to the dining hall.

5. **Lunch**

5.1. Rice does not contain gluten, so it can be served without problems. Use the rice cooker to cook rice. See instructions on Day1.

5.2. When cooking and serving e.g. gluten-free polenta, gluten-free pasta, etc., don't use wooden spoons, pots, strainers that were used for pasta with gluten. Use a separate pot, a regular spoon, drain the excess water with a separate plate or lid, NOT a strainer.

5.3 Serve 1-2 vegetables unseasoned, unsliced.

NB. Spices, mayonnaise, mustard may contain traces of gluten, therefore don't use any spice.

5.4. Serve a can of lentils/peas/corn (find it in the *Gluten-Free Diet box* in the storage)

Once you open it, label "*Gluten Free*" and store it in the refrigerator for 2-3 days.

Before serving, always check if it's still good.

5.5. Bring the plastic box to the dining hall.