

## MENU - 3 DAY COURSE

FIND THE RECOMMENDED TIMETABLE FOR PREPARING THE FOOD ON TIME IN THE KITCHEN MANAGER'S NOTES ON PAGE 25. SOME TASKS FOR LUNCH ARE TO BE DONE IN THE MORNING, SO PLEASE READ THE WHOLE TIMETABLE.

Special arrangements for students can only be considered after consulting with the teachers and if they do not require too much extra work. For details see: Kitchen Manager Annex, page 28.

### YOGHURT

ONLY PURCHASED YOGHURT WILL BE SERVED AT THE COURSE AND NO YOGHURT WILL BE PREPARED DURING THE COURSE.

### MILK

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

NOTE: IF THE FOOD CONTAINS DAIRY, PUT OUT THE NOTE: CONTAINS DAIRY.

### HOMEMADE MÜSLI

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

Of the 4 types of cereals, the basis is fine oatmeal, to which all other cereals are added in a ratio of 4:1:1:1. Mix everything together in a large bowl. Add some cornflakes at the end.

The recipe is indicative, make Muesli generally according to the ingredients you have available.

NB. Hazelnuts and almonds are NOT used in the Muesli, these are bought for the Khir dessert. See Day 10 (Menu 10D course).

**FRUITS**

- 2 pieces per person per student, except for small fruits (plums, grapes...)
- Managers can tell you how many students are on the course, but participant numbers must be written down and posted in the kitchen from the first day and updated by managers as the course proceeds.
- Wash and dry fruits before serving.
- **All students may eat fruit in the morning. Only one type of fruit is served each morning.**
- **Only new students may eat fruit at 5pm.**
- **At 5pm fruit is only served in small bowls. 2 pcs/pers/bowl.**

**PORRIDGE**

<b>INGREDIENTS</b>	<b>15</b>	<b>40</b>	<b>60</b>	<b>75</b>	<b>100</b>	<b>105</b>	<b>130</b>	<b>150</b>	
<b>Number of persons</b>									
<b>Oatmeal</b> <b>*contains gluten</b>	0,3	0,9	1,3	1,6	2	2,1	2,8	3,2	<b>Kg</b>
<b>water</b>	2,1	5,5	8,3	10,4	13,8	14,49	17,9	20,7	<b>L</b>
<b>salt</b>	0,6	1,6	2,4	3	4	4,2	5,2	6	<b>tsp</b>

- Bring water to a boil, add salt.
- Add the oatmeal and stir for 5 minutes on the heat. Warning! It may stick to the bottom of the pot.
- Take the pot off the heat and let it sit for half an hour on the heat (on the edge of the stove) until the oatmeal swells, during which time keep the pot covered with the lid.
- **Use large metal ladles for serving.**

## SPROUTED SEEDS / SPROUTS

20 g of dried seeds needed/day for 10 people.

210 g dried seeds needed/day for 105 people.

### **You can use for sprouting:**

- Green lentils

- Sprouted lentils can be eaten raw
- Seeds are best sprouted in a warm place, at least room temperature
- Do not cover the sprouting dish with lids
- The dish in which the seeds are placed must be very clean (rinse the dishes with hot water)
- Wash sprouted seeds twice a day to avoid bacteria growth.

### **PREPARATION:**

- Put the seeds in a large plastic sieve and wash them with cold water.
- Put the sieve in a large plastic bowl and let the seeds soak for 24 hours in twice the amount of water compared to the seeds.
- Wash the sprouted seeds in a sieve with plenty of water.
- Put the seeds back into the pot in a smaller amount of water and cover with a clean towel, not used for anything else.
- Repeat washing twice a day, every day, to avoid bacteria build-up.
- 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 (takes about 1-2 minutes per 1L bottle) 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

THE RECIPE IS FOR GUIDANCE ONLY

<b>INGREDIENTS</b>	<b>For a 3-litre bucket</b>
<b>sunflower oil</b>	<b>300 ml</b>
<b>olive oil</b>	<b>300 ml</b>
<b>apple vinegar</b>	<b>300 ml</b>
<b>water</b>	<b>0,9 L</b>
<b>lemon juice (preserved)</b>	<b>250 ml</b>
<b>ground pepper</b>	<b>3 tbsp</b>
<b>salt</b>	<b>3,5 tbsp</b>
<b>honey/sugar</b>	<b>225 ml</b>
<b>mustard</b>	<b>225 ml</b>
<b>oregano</b>	<b>1,5 tbsp</b>
<b>basil</b>	<b>1 tbsp</b>
<b>ground cumin</b>	<b>1 tbsp</b>
<b>herbs of Provence</b>	<b>1 tbsp</b>
<b>soy sauce</b>	<b>150 ml</b>

### PREPARATION

- Mix all ingredients in a deep bowl.
- Add yoghurt for a yoghurt dressing.
- If you're missing some ingredients, you can skip them.

## TOMATO SPREAD

Serve this spread for breakfast and lunch.

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

## FURTHER NOTES

**DAY 0 WELCOME: BEFORE STUDENTS ARRIVE ON DAY 0 PUT OUT SOME BISCUITS, JAM & FINETTI, TEA(BAGS) AND MAKE SURE THE WATER DISPENSERS ARE FULL.**

- **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 recommended 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 take the yoghurt with a spoon at the buffet.

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

- **Bread:** quantity. 100 g / person per day.  
The bread is bought for the whole course, put in the freezer and take out in the evening the quantity for the next day. 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 5pm 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 you can slice the vegetables and make separate tomato and/or cucumber plates.
  - For breakfast and lunch also serve: coconut flakes, ground flaxseed, sesame seeds, sunflower seeds, yeast flakes. The seeds & flakes are kept in labelled jars. Put a teaspoon in each when you put them on the buffet table. Please be mindful about serving them, the quantity should be enough for the whole course. 😊
7. 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, aceto balsamico, 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.

### **In case there are no scales:**

- 1 kg tomatoes ..... 8 medium-sized tomatoes
- 1 kg. bell peppers .....12 medium-sized pieces
- 1 kg. onions..... 6-7 medium-sized pieces
- 1 kg. potatoes..... 7-8 medium-sized pieces
- 1 kg. carrots..... 7-8 medium-sized pieces
- 1 kg parsnip..... 9-10 medium-sized pieces
- 1 kg celery.....1,5 medium-sized pieces

## STEWED FRUIT FOR BREAKFAST

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

*(One person can be appointed to prepare these fruits throughout the course)*

Depending on how much fruit you have, prepare less soaked fruit.

Water	to cover the fruit by 3-5 cm								
Nr. of persons	15	40	60	75	100	105	130	150	
Raisins *	225	600	900	1125	1500	1575	1950	2250	<b>g</b>
Dried prunes*	150	400	600	750	1000	1050	1300	1500	<b>g</b>
Cinnamon*	1	2	4	5	7	7	9,1	10,5	<b>tsp</b>

- Never mix leftovers from the previous day with the freshly prepared food.
- Serve leftovers separately, first put the food 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	20L
ginger	10cm
lemons	8-10pieces (squeezed juice)

Clean the ginger, grate it small, put it in boiling water. Boil it for about 10 minutes. Wash the lemons, keep them for 10-20 min. in warm water, run 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.

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### Day 0

#### 1. Vegetable Soup with Potatoes

### Day 1

#### 1. Red Lentils with Mint and Lemon

#### 2. White Rice

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

#### 4. Dessert (Turkish delight)

### Day 2

#### 1. Caraway Soup

#### 2. Bolognese Sauce with Soya

#### 3.1 Pasta (fussili)

#### 3.2 White Rice

#### 4. Beetroots/ Celery & Carrots

### Day 3

#### 1. Green Lentils with Bay Leaves

#### 2.1 Boiled Potatoes

#### 2.2 White Rice

#### 3. Cabbage Salad with Caraway Seeds

#### 4. Dessert (Schogetten Chocolate)

### Afternoon at 5pm

#### 1. Vegetable Soup

## **Day 0**

### **Vegetable Soup with Potatoes**

	<b>35 pers</b>	<b>50 pers</b>	<b>95pers</b>
carrots	1 kg	1,5kg	2,5kg
celery	0,3kg/1 buc	1kg	1,3kg/2,5buc
parsnips	0,5 kg	0,75kg	kg
potatoes	4kg	7kg	12 kg
onions	0,5kg/3pc	0,6kg/4pc	0,7kg/5pc
bell peppers	2pc	3 pc	0,35kg/6pc
water	7,5l	11-12l	19-20l
oil	7spoons (0,1l)	10spoons	15spoons(0,2l)
salt	3spoons	4spoons	7-8spoons
ground pepper	1spoon	1,2spoon	2spoons
paprika	1	1,5spoons	2spoons
caraway	0,5 teaspoon	0,75teaspoon	1teaspoon
bay leaves	2-3pc	5pc	10 pc
tarragon	1-2 teaspoons	3 teaspoons	4-5 teaspoons

Peel and chop the vegetables and potatoes. Cut the celery and potatoes into cubes, the carrot and parsnip cut it into rounds with the food processor. Add enough oil to cover the bottom of the pan. Sauté the bell peppers well in the oil, add the chopped vegetables, add the spices and sauté for another 2-3 minutes. Add the water, the whole onions, and when the vegetables are half cooked, add the potatoes. Finally remove the whole onions and season the soup.

**Serve with sliced bread, margarine or butter, peanut butter, tahini and tea.**

## **PREPARATIONS FOR DAY 1**

**Preparations for the next day are generally made between 15:30 and 17:00 when all the servers can help.**

- Soak the stewed fruit for the next day.
- Weigh the required amount of oatmeal for the next day.
- Weigh the amount of red lentils and white rice needed for next day`s meal.
- Peel and clean the vegetables, cover with cling film and refrigerate until ready to 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), 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, banana, 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 and Lemon:**

	<b>35 pers</b>	<b>50 pers</b>	<b>95 pers</b>
red lentils	3,5 kg	4,5 kg	7,5 kg
rice	0,3 kg	0,5 kg	0,8 kg
tomato/ cans	2kg/3cans	3kg/5cans	4,5kg/9cans
onion	2 pcs	0,65kg/3pcs	1kg/6 pcs
ginger	2 pieces (walnut-size)	3 pcs	5 pcs
garlic	3 garlic cloves	5 cloves	8-9cloves
dried mint	6 spoons (17,5 gr)	9 spoons (25gr)	17 spoons (45 gr)
water	2.5 times the amount of rice and lentils should be added		
oil	7spoons(0,1l)	10spoons	15spoons(0,2l)
salt	1spoon	1,5spoon	2,5spoons
ground pepper	1 tsp	1,5 tsp	2 tsp
paprika (powder)	1 spoon	1,5 spoons	2 spoons
lemon	3-4 pcs	5 pcs	8-9 pcs

Sauté onion, garlic and finely chopped ginger in oil, add paprika, and finely chopped tomatoes. Add water, lentils and pre-cooked rice. Simmer until the rice and lentils are well done.

At the end add pepper, mint and salt and cook for another 5 minutes. Squeeze the lemons and mix well. It may be served with yoghurt if available (but the yoghurt should be placed in a separate bowl).

### **2. White Rice**

	<b>35 pers</b>	<b>50 pers</b>	<b>95 pers</b>
rice	1,5 kg	2,5kg	3,5 kg
salt	2 spoons	3 spoons	5 spoons
water	2,25 L	3,75 L	5,25 L



### ***1. 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 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.

### ***2. 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 and to stay fluffy, **DO NOT** stir while the pot is covered. Uncover the rice and gently loosen with a fork.

### **3. Salad (summer)**

	<b>35 pers</b>	<b>50 pers</b>	<b>95 pers</b>
cucumbers	2,5 kg	3 kg	5kg
tomatoes	2,5 kg	3 kg	5kg
bell peppers	1 kg	1,5 kg	3kg

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

### **3.Salad (spring/autumn)**

	<b>35 pers</b>	<b>50 pers</b>	<b>95 pers</b>
lettuce	4pouches	5pouches	9pouches
(pouches of 160-180g)			
cucumbers	2,5 kg	3 kg	5kg
olives	0,75kg	1kg	2kg

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 vegetable unseasoned in separate bowls.

**Please adjust the quantities of vegetables needed as you go along according to consumption and the stock you have in your pantry.**

### **4. Dessert (Turkish delight)**

A piece will be served for each student.

## **PREPARATIONS for DAY 2**

- Soak the stewed fruit for the next day.
- Weigh out the required amount of oatmeal and boiled rice for the next day. If the amount was too much, adjust as you go.
- Weigh the vegetables needed for the carrot&celery/beetroot salad.
- You can make croutons for the Caraway Soup if there aren't any left/bought from the shop. Check the storeroom and use the croutons on stock if there are any. See instructions.

### **In the evening check the leftovers (the cooked food)**

**If there is a large enough quantity of leftovers (which has to be checked again in the morning, whether it is still good and can be served for lunch), reduce the quantities of freshly cooked food for that day.**

## **DAY 2**

MORNING – see day 1

LUNCH

### **1. Caraway Soup**

	<b>35 pers</b>	<b>50 pers</b>	<b>95 pers</b>
caraway seeds	100 gr	150 gr	180-200 gr
onions	2pcs	0,5kg/3pcs	1kg/6 pcs
water	7,5 l	11-12 l	9-20 l
paprika powder	1 spoon	1,5 spoons	2-3 spoons
oil	7spoons (0,1l)	10spoons	15spoons (0,2l)
salt	1 spoon	1,5spoons	2,5spoons
fresh/dried parsley			

Lightly fry the caraway seeds without oil, then add the oil and paprika powder, stir and add water and salt. Add the whole onions, which are removed at the end before serving. Do not remove the caraway seeds. Add the green/dried parsley at the end.

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

	<b>35 pers</b>	<b>50 pers</b>	<b>95 pers</b>
loaves of bread	2	3-4	6
(for croutons)			

## **2. Bolognese Sauce with Soy Granules:**

	<b>35 pers</b>	<b>50 pers</b>	<b>95 pers</b>
tomato cubes	5cans	8 cans	15 cans
bell peppers	0,7 kg	1 kg	2 kg
carrots	0,5kg	0,75kg	1kg
onions	0,75 kg	1 kg	1,5 kg
garlic	0,7 head	1 head	2 heads
soy granules	600 gr	800 gr	1,5kg
tomato sauce	1l	1,5l	2,5l
oil	0,1l	0,2	0,35l
paprika powder	1spoon	1,5spoon	2,5 spoons
ground pepper	0,5spoon	1spoon	1,5 spoon
oregano	15gr	20gr	35gr
basil	20gr	30gr	50gr
water to soak	1,75L	3L	4,5L
the soy granules			

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**

	<b>35 pers</b>	<b>50 pers</b>	<b>95pers</b>
Fusilli (500 gr)	4 pouches	5-6 pouches	9-10 pouches
Salt, oil			

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 in the boiling water shortly to heat up it before serving.

### **3.2 White Rice**

	<b>35 pers</b>	<b>50 pers</b>	<b>95 pers</b>
rice	0,7 kg	1kg	1,8 kg
salt	1 spoons	1,5 spoons	3 spoons
water	1 L	1,5 L	2,7 L

For preparation see day 1.

### **4. Salad**

	<b>35 pers</b>	<b>50 pers</b>	<b>95pers</b>
beetroot/celery	1,5 kg	2,5 kg	3,5 kg
carrots	1,5 kg	2-3 kg	4 kg

The vegetables are washed and grated finely. Serve unseasoned, in separate bowls.

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

### **PREPARATIONS FOR DAY 3**

- Soak the dried fruit for the next day.
- Weigh the required amount of oatmeal for the next day.  
If the amount was too much, adjust as you go.
- Soak the green lentils.
- Weigh the quantities for the rice and boiled potatoes, and the cabbage salad.
- Peel (and possibly cut) the potatoes, add water, cover the containers with cling film and refrigerate until ready to use.
- Weigh out the quantities for the soup at 5pm, peel the vegetables, cover the containers with cling film and refrigerate until ready to use.

## **DAY 3**

MORNING - see day 1

LUNCH

### **1. Green Lentils with Bay Leaves**

	<b>35 pers</b>	<b>50 pers</b>	<b>95pers</b>
lentils (green)	2 kg	2,75kg	5 kg
onions	2 pcs	3pcs	0,75kg/4pcs
carrots	1 kg	1,75 kg	2,5 kg
ginger	3pieces (walnut/size)	4 pieces	5 pieces
bay leaves	8	10	13
salt			
oil		0,2l	0,35l
ground pepper		1 spoon	1,5spoons
turmeric		1 spoon	1,5 spoons
cumin/fennel		1 spoon	1,5 spoons

Soak the lentils the night before. Sauté 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**

	<b>35 pers</b>	<b>50 pers</b>	<b>95pers</b>
potatoes	8 kg	10 kg	21 kg
dried parsley, salt			

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**

	<b>35 pers</b>	<b>50 pers</b>	<b>95 pers</b>
rice	0,7 kg	1kg	1,8 kg
salt	1 spoons	1,5 spoons	3 spoons
water	1 L	1,5 L	2,7 L

For preparation see day 1.

## **3. Cabbage Salad with Caraway Seeds**

	<b>35 pers</b>	<b>50 pers</b>	<b>95 pers</b>
cabbage	6 kg	7 kg	10 kg
	(2 pcs)	(3 pcs)	(4pcs)

Finely chopped cabbage

salt	2 teaspoons	3 teaspoons	5 teaspoons
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leave for a few minutes, then squeeze with your hand.

Optionally season with ground caraway seeds.

## **4. Dessert**

Schogetten chocolate 2 cubes/ pers.



## In the afternoon at 5pm

### Vegetable Soup:

	<b>35 pers</b>	<b>50 pers</b>	<b>95pers</b>
carrots	1 kg	1,5kg	2,5kg
celery	0,3kg/1piece	1kg	1,3kg/2,5pieces
parsnips	0,5 kg	0,75kg	1 kg
potatoes	4 kg	6 kg	11 kg
onion	0,5kg/3 pieces	0,6kg/4pieces	0,7kg/5pieces
water	7,5 l	11-12l	19-20l
oil	7spoons(0,1l)	10spoons	15spoons(0,2l)
tarragon	1-2 spoons	3 spoons	4-5spoons
bay leaves	2-3pieces	5pieces	10pieces
salt	3spoons	4 spoons	7-8spoons
ground pepper	1spoon	1,2 spoons	2spoons
paprika (ground)	1spoon	1,5spoons	2spoons

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

## **PREPARATIONS FOR DAY 4**

- Soak the stewed fruit for the next day.
- Weigh the required amount of oatmeal for the next day.

If the amount was too much, you can adjust it as you go along.

## **DAY 4**

For breakfast, serve the leftover food from the previous day plus the remaining fresh food (milk, yoghurt, bread, butter, fruit, vegetables, muesli, etc.).

## *Notes for the Kitchen Manager (Annexe)*

1. 1 server should be appointed to be in charge of making the fire in the wood 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 hit, they 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.
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 robot and is assigned the task throughout the course and that other servers do not operate the robot. 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 robot.
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 3:30pm and 5:00pm all servers can help. The manager may decide to give the servers free 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 share 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), 9am (for lunch preparation), 3:30pm (for the preparations for the next day and preparations for 5pm).

9. Have a short meeting with the whole team every day. Preferably in the break from 3:30pm, 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 session (other than Schogetten, which are reserved for the 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 diet will have their default place in the dining room, so the special diet is served there.

**RECOMMENDED TIMETABLE TO ENSURE THAT FOOD IS SERVED ON TIME**

**ATTENTION: SOME TASKS FOR PREPARING THE LUNCH ARE TO BE DONE IN THE MORNING, SO PLEASE READ THIS TIMETABLE TO THE END:**

**PREPARATION FOR BREAKFAST AND AFTER**

*4:10 make fire in the wood stove*

*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 for AT*

*6:50-7:30 wash dishes if time permits*

*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 group sitting*

*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 for AT*

***PREPARATION FOR LUNCH AND AFTER***

*05:30 prepare the vegetables for lunch (peel, 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: cook lunch latest at 9:15, if not, 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&lemon water*

*16:50 bring 5 o'clock meal for AT*

*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.

#### **2. Breakfast**

Rice cakes as 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 pack and seal with a clip. Adjust the quantities. If the rice cakes are not consumed, reduce the amount to the next meal. Don't put the cakes served, but not consumed, back in the bag.

#### **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.