

## **Family Sustainability Stay Sample Menu:**

All vegetables, ferments, berries, fruit, maple syrup, rabbit meat and some of the grains are grown organically at Koviashuvik. Any purchased ingredients are always organic and, when possible, also local. All menus are tailored to participants' specific dietary requirements/preferences.

### **Day 1:**

Lunch: Cucumber Salad. Pasta-tomato-bean-basil salad. Veggie sticks and dip. Sourdough bread with spreads. Spreads include: home-made jam, peanut butter, mustard, mayo, cheese.

Dinner: Vegetable stir-fry. Rice with cheese. Side dish of broccoli. Tomato slices drizzled with oil and herbs.

Dessert: Blueberry crumble.

### **Day 2:**

Breakfast: Blueberry-acorn pancakes with maple syrup and butter. Bacon. Fresh applesauce.

Lunch: Green Salad. Egg Salad. Veggie sticks and home-made hummus. Tomato slices. Sourdough bread with spreads.

Dinner: Sautéed vegetables with rabbit meat. Mashed potatoes. Side of cooked carrot and green bean.

Dessert: Peaches and cream!

### **Day 3:**

Breakfast: Veggie omelet. Home-made granola and milk. Fresh cornbread with butter and honey. Fruit medley: peaches, apples, blackberries, blueberries, mulberries!

Lunch: Kale and chopped-acorn salad. Carrot and tahini salad. Grilled-cheese sandwiches. Other yummy leftovers!

### **Snacks Throughout:**

Tortilla chips, apples and peanut butter, sesame sticks, fruit, carrot sticks and hummus...

***We hope you like to eat!***