

EXAMPLE OF MENU

THERE MAY BE CHANGES TO THE MENU
ACCORDING TO THE AVAILABILITY OF PRODUCTS



BREAKFAST

PORRIDGE
FRESH FRUITS
HOMEMADE YOGURT
JAM'S & CHEESE
FRESH JUICE OR SMOOTHIES,
HOMEMADE MUSLI
HOMEMADE SOURDOUGH BREAD
HOMEMADE SPREADS



LUNCH

PUMKIN SOUP WITH COCONUT MILK
SALAD WITH ROASTED SEEDS
MAIN DISH: CURRY WITH BASMATI RICE
DESSERT: CHOCOLATE MOUSE WITH FRESH
FRUITS



DINNER

SALAD OR SOUP
MAIN DISH: VEGGIES OUT OF THE OVEN
DIP E.G: SALSA OR HUMMUS OR HEMP
SEEDS TABULEH
FRUIT

NO ALCOHOL IS SERVED AND WE ASK NOT TO CONSUME DURING
RETREAT MEALS.