

# Sample Menu for Ferreiros, October 2022

## Breakfast

Chía pudding with fruit cream  
Oat porridge with fruit and nuts  
Toasted tomatoes, avocado, oil, nutritional yeast  
Herbal teas, tea, coffee, non-dairy milk.

## Lunch

Quinoa salad and chickpea hummus with crudités  
Wholewheat couscous with chickpeas, vegetables, nuts and raisins  
Brown rice '3 delights' with seaweed and tofu  
Lentil and brown rice soup with pumpkin  
Lasagna with vegetables and soy meat  
Poor man's potatoes with pisto manchego  
Vegan Andalusia  
  
Various salads, gazpacho or white garlic soup accompany each lunch

## Dinner

Creamed leeks and apple with baked vegetables  
Spaghetti with pesto and zucchini cream  
Lentil burgers  
Polenta cake with vegetables and cucumber tzatziki  
Vegan courgette and onion omelette with vegetable paté  
Roasted Pepper Salad  
  
Vegetable patés and crudités accompany every dinner

## Dessert

Coconut and lemon tart  
Fruit jellies (agar-agar)  
Raw carob brownie  
Fruit salad  
Polenta and apple/pear cake  
Vegan rice pudding with fruit  
Carob custard  
Baked apples with sweet tahini cream  
Buckwheat crepes with pumpkin compote  
Seasonal fruit

*Ingredients may change depending on market availability*