

Plant Powered Camp 2011 Menu

Friday

Dinner 7pm (onwards for late arrivers)

Curried Pies, Vegetables with tahini-miso sauce &

Pumpkin bake w' mustard & cumin



Saturday

Breakfast 8am (onwards for sleep-ins, runners, morning walkers)

Scramble, Muesli and Soy & Toast

**** 10.30am Seitan Masterclass ****

Lunch 1pm

Sun-dried Tomato and Basil Quiche, Seitan loaf, Garden Salad & Potato Salad

Dinner 7pm

Mexican Feast - Enchilada Bake, Nachos, Tacos, Burritos, and Tequila Chilli & Lime Tofu

Sunday

Breakfast 8am onwards

Quinoa porridge w' dried fruit, Muesli & Soy and Toast

Lunch 12pm

Salads, wraps (and Leftovers!)