## **EXAMPLE OF MENU**

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



## **BREAKFAST**

PORRIGDE
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.