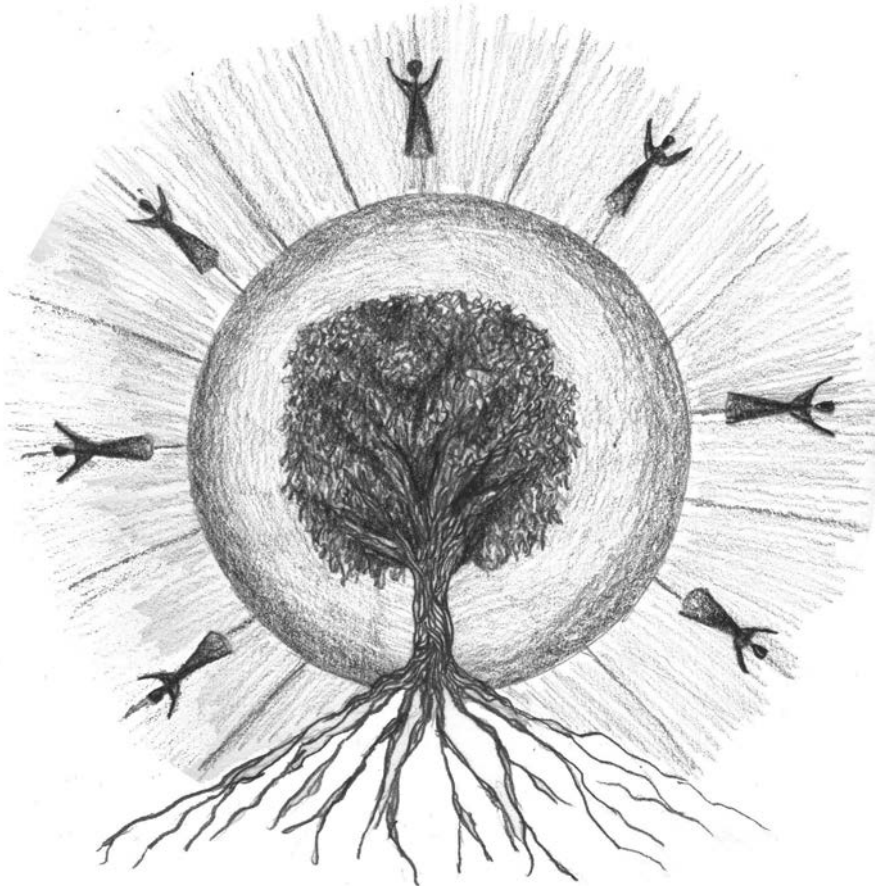


Breakfast



Morning has broken

Salads



"All flesh is grass and its beauty is like the flowers in the field."

Isaiah 40:6

Soups



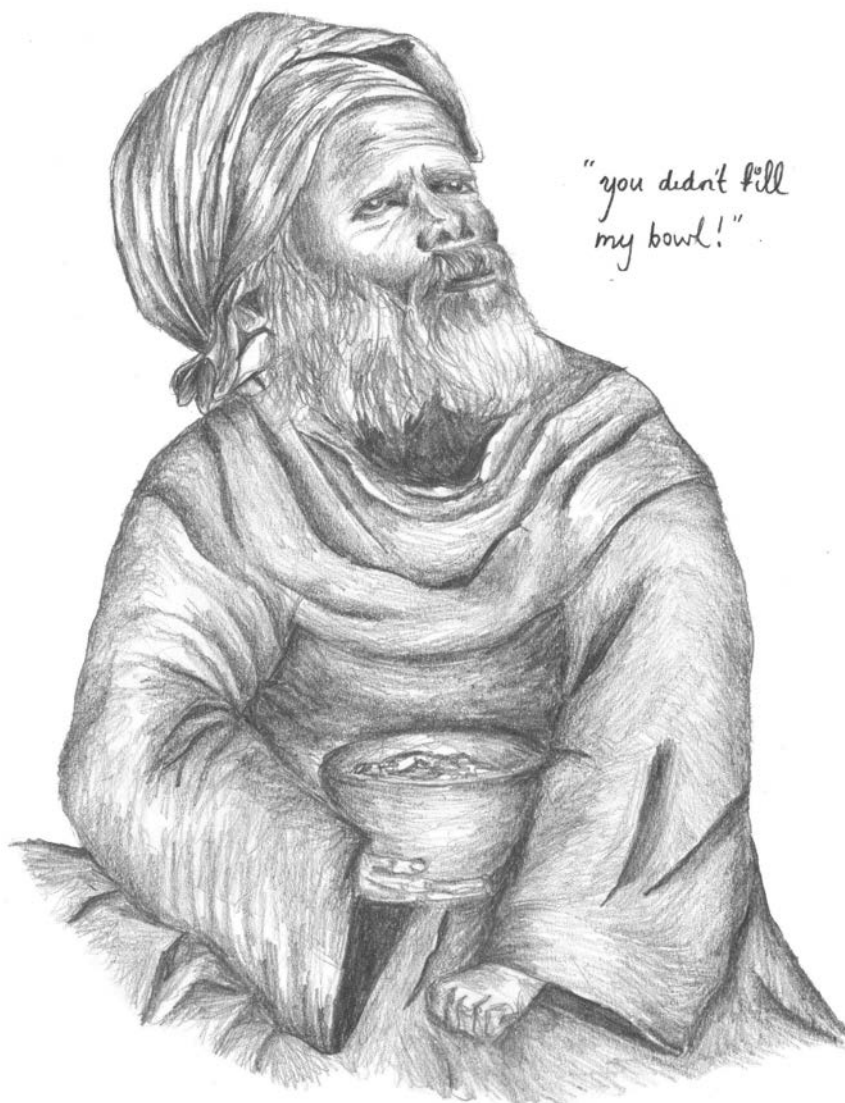
*"Beautiful soup, so rich and green
Waiting in a hot tureen!
Who for such dainties would not stoop?
Soup of the evening, beautiful soup! ."*
Lewis Carroll, Alice in Wonderland

Main Dishes - Tofu & Vegetables



"You are what you eat."

1. If you are using dried chickpeas, prepare them according to directions page 16.
2. Drain lentils and set aside.
3. In a large saucepan, stir fry the onion in oil until tender.
4. Remove from heat and add the garlic, chilli, ginger and spices, then return to heat and stir for 1 minute.
5. Add the tomatoes, capsicum, pineapple, tomato paste, water, lentils and chickpeas. Mix well.
6. Simmer with the lid on until the lentils are soft (about 20 minutes). Stir often to make sure the lentils don't stick to the pan.
7. Add the carrot, beans, mushrooms and salt. Simmer, covered for a further 5 minutes.
8. Remove from heat and add the lemon juice and coriander before serving.



Main Dishes - Rice and Pasta



"Life is a combination of magic and pasta."

Federico Fellini