

Weston A. Price Foundation Menu November 7 – 9, 2008

Friday Lunch – Buffet – Hispanic

Salmon Ceviche

Green Salad

Pulled Pork Enchilada Casserole with Lime
Soaked Tortillas with Cheese on the Side

Refried Black Beans w/ Lard

Sour Cream on Side

Fermented Cortido

Coconut Dried Fruit Bars

Tropical Fruit Salad

Friday Dinner – Buffet – Home Cookin’

Waldorf Type Salad

Roasted Turkey with Giblet Gravy

Sliced Sweet Potatoes

Mashed Potatoes

Green Vegetable

Fermented Sauerkraut

Warm Cranberry/Apple Crumble

Saturday Lunch – Buffet – Farmhouse Lunch

Beet Salad, Green Salad

Sourdough Bread and Butter

Turkey Soup with Wild Rice and Cubed Root
Vegetables (also without the wild rice)

Fermented Sauerkraut

Miso (on the side)

Weston A. Price Foundation Cheesecake

Saturday Dinner – Banquet Plated – Asian Fusion

Butternut Squash Soup with Crème Fraiche and
Chives

Skirt Steak in Asian Marinade

Soy sauce – on the side Mushrooms and/or
Root Veggies

Sautéed Bok Choy

Fermented Kimchi

Persimmon Ice Cream with Fresh Mint and
Crispy Pancake Adornments

Sunday Lunch – Buffet – Grateful Harvest

Raw Milk Cheeses

Artisan Sourdough, Sprouted Breads and Butter

Lavosh Crackers

Chicken Liver Pate

Beet Salad

Pickles and Assorted Fermented Veggies

Whole Fruit

Macaroons

Fundraiser Breakfast Buffet – Friday, Saturday and Sunday

Soaked Oatmeal - with fixings bar

Milk, Cream, Maple Syrup, Butter, Coconut
Butter, Raisins, Honey, Cinnamon

Whole Fresh Fruit

Boiled Pastured Eggs

Note: Menu Subject to Change without Notice