



SAMPLE MENU

SALLY PARKES YOGA RETREAT

FRIDAY DINNER

- *Spinach and mushrooms curry*
- *Baked vegetables pakora*
- *Mango chutney/raita*
- *Spiced lemon rice*
- *Green beans*

Mango and coconut pudding with cardamom and praline

SATURDAY LUNCH

- *Pea and courgette soup with mint and lemon zest*
- *Bread and butter*
- *Rainbow salad with cashew dressing*
(carrots, peppers, tomato, cucumber, red cabbage)
- *Roasted broccoli and kale with toasted seeds*

FRIDAY DINNER

- *Stir fried soy tofu*
- *Noodles with vegetables*
- *Chinese cabbage slaw*
- *Miso aubergines*

Citrus raw cheese cakes

SUNDAY LUNCH

- *Butternut and sage risotto*
- *Caesar salad*

Roasted fennel salad with celery, radicchio, orange and balsamic vinaigrette

