

# HEALING HEART CENTER WORKSHOP LUNCH MENU JULY 20, 2013

During the workshop, we offered refreshments. After the workshop the participants were invited to join us in a vegetarian lunch prepared by Dev Atma Suroop Kaur.

## *- Refreshments -*

**Japanese Style Cracker Covered Peanuts**

**Thai Chili Lime Cashews**

**Basket of Seasonal Fruits**

**Drinks:** Fresh Watermelon Juice, Cold Brewed Ice Tea with Lemon, Cherry Iced Tea and Bottled Spring Water

## *- Lunch -*

**Italian Vegetable Gratin** – Baked Fresh Zucchini, Eggplant, and Tomatoes layered and seasoned and covered with a Parmesan, Gruyere Cheese, Fresh Thyme, and Italian Bread Crumb Crust.

**Organic Steamed White Rice**

**Summer Green Salad** – Fresh Organic Spring Lettuces combined with Grated Carrots, Chopped Celery, Sliced Sweet Onions, Corn, Garbanzo Beans, and Cucumbers in a Homemade Balsamic Vinaigrette

## *- Dessert -*

**Milk Chocolate Oatmeal Chocolate Chip Pecan Cookies** – Chewy milk chocolate cookies dotted with semi-sweet chocolate chips and pecans

**Fresh Dark Red Cherries**

**Maple Syrup Candy**