

WCCS Lunch – dish ingredients

Waffles: Egg white, cheddar cheese, flour, sugar, ginger, salt, oil

Stuffed dates: dates, almond meal, rosewater, sugar, egg white

Bread: Wheat flour, honey, oil, salt

Meatballs: Ground beef, currants, eggs, pepper, mace, cloves, cubebs, cinnamon, saffron, sugar, beef broth, red wine

Pompys sauce: Almond milk, rice flour, beef broth, sugar, cinnamon, mace

Mustard: Yellow mustard, white wine vinegar, honey, anise, cinnamon

Mushrooms: Crimini and/or button mushrooms, garlic, pepper, ginger, olive oil

Noodles: Egg noodles, butter, mozzarella, Asiago, olive oil, salt

Lentils & Barley: Lentils, hull-less barley, onion, garlic, oil, chicken broth, bay leaf

Gourds in Juice: zucchini, onions, verjuice, chicken broth, saffron, parmesan, egg yolk, nutmeg, cinnamon

Chicken pie: Flour, lard, salt, chicken, bacon, egg yolk, cumin, pepper, saffron

Salad: Assorted lettuce, arugula, spinach, scallions, parsley, fennel, mint, marjoram, balsamic vinegar, olive oil

Custard tart: flour, butter, eggs, cream, sugar, saffron, salt