

# Menu

## Starter



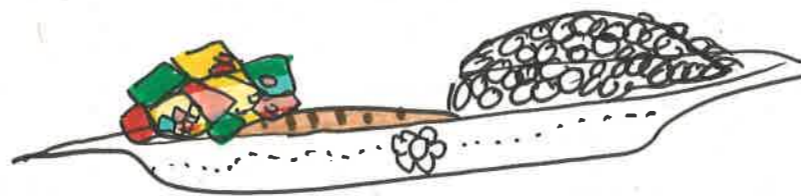
- 100g tomato

- 100g Mozzarella

- balzamic sauce

- Make a salad

## Main course



- 200g ratatouille

- 100g salmon

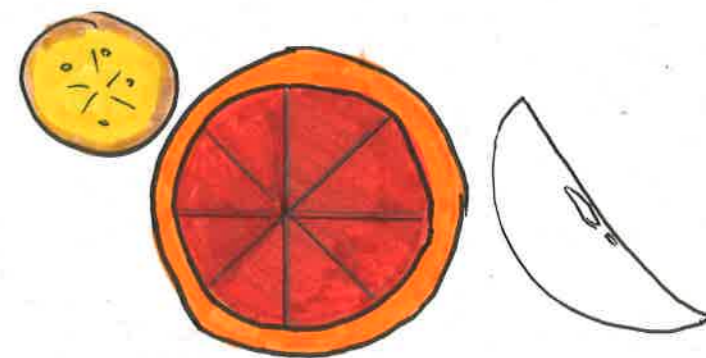
- 150g rice

- boil water for the rice

- cut different vegetables and add in a bowl

- cook salmon

## Dessert



- 50g banana

- 50g Apple

- 50g Orange

- Cut Fruits and mix

# Low-carbon Menu

- Viola, Lindsey, Gabrielle

## Starter:

Bruschetta:

bread } grill  
oil }  
tomato sauce } garnish  
rosemary }

## Main course:

Sushi with soy sauce/wasabi:

sticky rice - cook  
salmon/crab - cut  
seaweed - surround the rice  
soy sauce - on the side  
wasabi - on the side

## Dessert:

Fruit salad:

pineapple  
mango  
passion fruit  
lychee  
strawberry  
orange  
blueberry

} dice

Enjoy!

## Starter:

- Salad
- eggs
- Mayo
- Pea

1) wash a Salad and boil the Pea

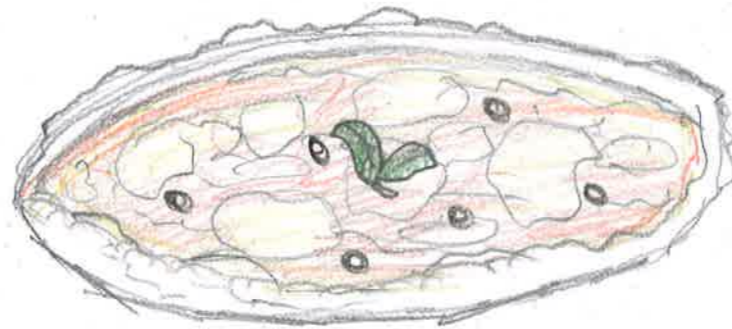
2) Put a pea, Salad and Mayo in the bowl.

3) boil the eggs and put in the Bowl.

## Russian Salad

## Main Course:

- flour
- salt
- water
- oil
- Tomat Sauce / Mozzarella, Basilic
- yeast



1) Put the flour, salt, water, oil and yeast in the blender.

2) Mixe all and let rest 1 hour.

3) spread the dough and put tomat sauce and mozzarella.

4) cook the pizza in the oven 15 minut.

5) put the Basilic.

## Pizza

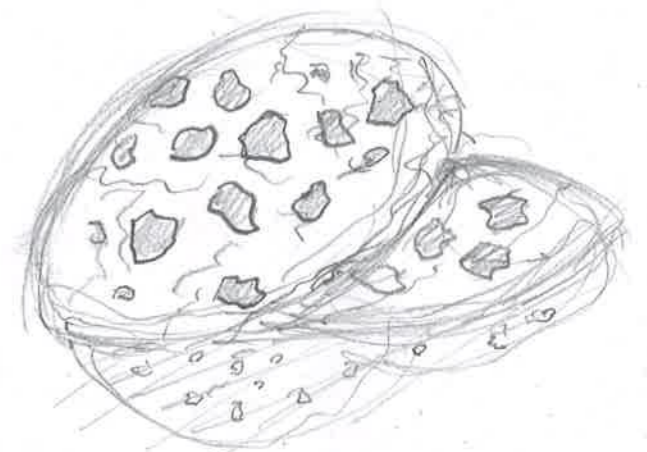
## Desert:

- butter
- eggs
- flour
- Milk
- chocolat

1) Mix a butter, eggs, flour and milk in the blender.

2) put the chocolat in the preparation

3) ~~cook~~ spread the dough and cook the all 20 minut.





# Menu

## Entrance:

Bovine tartare

Salat tomat + mozzarella

100g

## Main course

Steak 500g of beef for one person ✓

Fries

## Dessert

Spaccacake

## Drink

Soda

alcohol (beer, vodka, cocktail)



pasta carbonara

# PASTA CARBO



strawberry

## Main course

(pasta carbonara)

### Ingredients:

400-500g, spaghetti / cook

100g, lardon / grilled

1-2 clove, garlic

3, Eggs, break

1dl, Cream

Freshly ground pepper

A little salt

75g, Grated cheese

## Input and support (salad)

### Ingredients:

1, Lettuce

2, Tomatoes

2, Red onions

1, Red pepper

A few anchovies

A few olives



salad

## Desert (strawberry tartlet)

### Ingredients:

250g, Strawberries

1/2, Lemon

1/2 soup spoon, Icing sugar

1 spring, of mint

75g, soft butter

50g, Icing sugar

125g, Flour

15g, ground almonds

1 pinch, salt

1/2, Egg

2 yolks, Egg

50g, Sugar

15g, Corn Starch

2dl, Milch

1/2, pod Vanilla