



## **PENDLE HILL FOOD PHILOSOPHY**

The cooks at Pendle Hill see our job as a ministry of love and concern.

We try to promote good health and a sense of well being by serving meals that are nutritionally balanced, using a limited amount of processed foods, especially those containing white flour, sugar, and salt. Because we see ourselves as members of a very small planet where people are hungry every day, we try to eat as low on the food chain as possible. This means limiting our use of meats, which require far more acreage to produce a given amount of protein than is the case with the production of vegetable protein foods. We enjoy exploring the wide variety of delicious vegetarian foods available; approximately half of the meals we serve are meatless. The meat and poultry that we serve is free range, without antibiotics or hormones. We continue to seek out sources for our fish with a concern for our oceans and rivers as well as the preservation of fish species. At present, the fish we serve is wild and non-endangered.

We cook from scratch as much as possible, making our own bread, granola, organic yogurt, and salad dressings. Organic fresh fruits and vegetables are used extensively. Wherever possible, we patronize local organic farmers. We also enjoy the bounty of our own garden in season.

We rotate entrees to include fish, fowl, meat, and vegetarian dishes. For those who prefer to eat only vegetarian or vegan food, an alternative dish is prepared each meal as well.

Lunch menus feature soup(s), salad, and casserole combinations. Breakfast fare always includes granola, cold cereals, juice, yogurt, and bread. The cook prepares, in addition, the featured food, which may be pancakes, muffins, eggs, or coffeecake.

We serve free trade coffee, teas, and the occasional chocolate. Rice milk and soy milk are available at every meal.

While we are able to accommodate a wide variety of dietary needs, all foods are prepared in the same kitchen. Those with life threatening food allergies should therefore consider supplementing our meals. Our chef is available to discuss special individual needs.