



Midwinter Agriculture Intensive 2026 Menu

BROUGHT TO YOU BY THE THREEFOLD CAFE.
MENU SUBJECT TO CHANGE. MOST DIETARY
NEEDS SUPPORTED.



Saturday AM Break
Snack, tea, & coffee

Saturday Lunch
Stuffed Shells - ricotta & spinach
GF Pasta Pesto and Zucchini as GF DF option
Baby Greens Salad with Red Wine Vinaigrette
Apple Crisp

Saturday PM Break
Tea, & coffee

Saturday Dinner
Chicken Shawarma (Mid Eastern Seasoned)
Eggplant, Mushroom, Chickpea Tagine
Couscous Pilaf w/ parsley (GF option - rice)
Carrot Salad w/ Raisins
Green Salad, Sumac Vinaigrette
Baklava

Sunday AM Break
Snack, tea, & coffee

Sunday Lunch
Muligatawny Soup
Indian - Aloo Gobi Cauliflower Tofu Curry - Raiita, Pappadams
Basmati Rice
Organic Greens & Spinach Salad w/. Mango. Pickled Red Onion
Coconut Cinnamon Cake

Sunday PM Break
Drinks only

Sunday Dinner with to go option
Turkey Meatloaf
Mashed Potatoes
Green bean almandine
Lemon fusilli, arugula, broccoli, tomato, parmesan, creamy lemon sauce
Tiramisu