

TENTATIVE CAPSTONE MENU

(I will bring the recipes to class soon, though most of these items can be bought ready-made. Please let me know what you can bring by April 16!)

DRINKS:

Lemon Sweet (lemon-ade) page 187

Iced-Green Minty Drink (mint iced tea) page 213

MAIN COURSE:

Losyns (cheese lasagna) *Medieval Cookbook* page 90 (provided by Dr. Jamison)

Blowmanger (chicken with rice and almonds) *Medieval Cookbook* page 45 (provided by Dr. Jamison)

SALAD:

Sansa Salad page 135

Summer Greens Salad page 133

BREAD:

Crusty White Bread page 25

Black Bread page 85

OTHER all from page 175; please select two if possible

Flatbread (pita)

Chickpea Paste (hummus)

Cheese

Olives

Grapes

Berries

Nuts

DESSERTS

Oatcakes with Honey page 55

Lemon Cakes page 165

Cream Swans page 111 (only for the VERY ambitious)

Arya's Snitched Tarts page 100

Applecakes page 16

Wintercakes page 206