

# Bitesize world

## Central and Eastern Europe

Cold soup from 11.00

Summer borsht

With caraway yoghurt

Smoked fish pate'

served on buckwheat blinis with cucumber salad

Mains from 12.30

Potato latkes

served with brazed red cabbage and apple

Warm goats cheese salad

with seared plums and fresh raspberry dressing

Desserts from 14.30

Drunk summer fruit melange

with vanilla yoghurt and cinnamon granola

Dishes prepared today are low in fat, salt and sugar and designed to be made with seasonal ingredients which can generally be sourced locally.

For more information about what we do contact:



[www.communitychef.org.uk](http://www.communitychef.org.uk)