

Nomad Cohousing Meal Signup Sheet

Date: _____ Time: _____

Estimated Cost: ___ \$5 or less ___ \$5-\$7 ___ \$7-\$10 ___ Over \$10

Meat: ___ Not organic ___ All Natural ___ Organic

Rest of the meal: ___ Not organic ___ Somewhat organic ___ Totally organic

COOK'S

Lead Chef _____
Sous Chef _____

MENU

	AT MEAL	LATE PLATE		AT MEAL	LATE PLATE
Sonya, Darrin & Bodhi			Kristen, Erik & Johann		
Neshama, Zev & young ladies			Steve		
Helena and Bob			Ginnie, Vinc & Galen		
Marsha and Scott			Sutay, Josh & kids		
Brooke & Deb			Stephen & Leslie		
Guest			Angelique, Kavika & Luka		
Guest			Guest:		

Total spent: _____ by _____ for dinner
 Total spent: _____ by _____ for dinner
 Total spent: _____ by _____ for stocking
 Total number of people at meal: _____

Please return this sheet to the common house
 mailbox folder immediately after the meal

Guidelines for organic meat:

General

Meat – grass fed, hormone free, no antibiotics
 Poultry – free range, organic, no growth hormones, no antibiotics, no pesticides
 Natural means no growth hormones, no antibiotics, no pesticides

Brands

Beef – Coleman, Maverick, Turkey – Diestel, Chicken

Where

Whole Foods, Wild Oats, Vitamin Cottage