

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

MENU

Lead Chef _____ Sous Chef _____	_____ _____ _____
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	AT MEAL	SPECIAL REQUEST		AT MEAL	SPECIAL REQUEST
Brooke & Deb			Jessie & Ryan		
Sonya, Darrin & Bodhi			Liam		
Neshama, Zev & Halonah			Rianne		
Kelly, Paul & Family			Ginnie & Vinc		
Helena & Bob			Stephen		
Guest of:			Marsha, Scott & Family		
Guest of:			Guest of:		

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, Lucky's, Vitamin Cottage