

Menu

100 Mile Luncheon

**Beef and vegetable soup
with bread**

**Quiche and salad with black
raspberry dressing**

**Baked apples with honey,
blueberries and ice cream**

	Where did the food come from?
Mushrooms:	Agro Foods Inc. 381 Highway #8, Dundas
Bacon and beef:	Dearsley's Meat, 1154 Powerline Road, Copetown (cows and pigs born in Cayuga and Arthur, Ontario).
Honey:	Cool Creek Apiary, 148 Brant Church Road, Mount Pleasant
Butter:	Ni.He.Za Farms, Disley Food Services, Toronto
Eggs:	Quade's farm, 111 Inksetter Road, Dundas (available at Dearsleys)
Blueberries:	picked on Old 99 Rd., Dundas
Apples and some of the vegetables:	Myers Farm, Highway #52, Copetown
Organic Flour:	ground by Oak Manor, Tavistock (available at Horn of Plenty)
Ice cream:	Hewitt's Dairy, Hagersville (available Picone's and Dyments)
Vegetables	Dyments, RR2, Dundas
Vegetables/salads/bread:	Manorun Farm, Highway #52, Copetown
Black raspberries:	local farm and sold at Picone's
Maple syrup:	Simpler Thyme, Highway #6, Freelon
Vinegar:	Filsinger's, Ayton
Salt:	Sifto Salt, Goderich