**Set up your kitchen in Delft**

Food Supplies, equipment, instructions

**TIME SCHEDULE**

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<tr>
<th>Time</th>
<th>Activity</th>
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<td>9:00 – 10:00</td>
<td>Breakfast</td>
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<tr>
<td>10:00 – 13:00</td>
<td>Buying Ingredients</td>
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<td>13:00 – 14:00</td>
<td>Lunch break</td>
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<tr>
<td>14:00 – 18:00</td>
<td>Buying Equipment for Cooking</td>
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<td>18:00 – 19:00</td>
<td>Cooking Dinner</td>
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<td>19:00 – open end</td>
<td>Dinner &amp; drinks</td>
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**HEEL LEKKER MENU**

The Dutch culinary experience

**Ontbijt / Breakfast**

Bread with butter, honey, jam and special Dutch:
- Hagelslag – chocolate sprinkles
- Pindakaas – Peanut butter

Ontbijtkoek – spicy cake
- Yoghurt with muesli
- Milk, Tea, Coffee

Attention: Always eat hagelslag with butter. Otherwise you might end up cleaning the hagelslag from the floor.

**Lunch**

You will be making our own "broodjes met kaas". This is basically selecting your favorite ingredients and make a sandwich with delicious Dutch bread.

**Avondeten / Dinner**

**AVG: aardappels, vlees, groenten:**

A typical Dutch Dinner is AVG. AVG stands for potatoes, meat and vegetables. The meat we have selected is Blinde Vink a.k.a. blended minced meat with herbs in the form of a roll. The vegetable part is spruitjes, b.t.w. it looks like cabbage but has the size of a ping pong ball. To top this up aardappels...well it is just boiled potatoes with mayonnaise.

This culinary adventure will bring people together in a fun and interactive way, to help start your new “AFOODABLE” lifestyle in Delft!!!