



Bur Shubaal Bocor Leh

Ka hel soo'adan iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta CelebrateYourPlate.org



Waxa Xilli-sannadeedka soo Go'o: Nofeembar

Baytaraaf

Dhalo-cadde

Caleemaha sukuumada

Bocorka Qaboobaha



Wax-soo-saarka La Soo Bandhigay: Bocorka

Xilliga Ugu Wanaagsan: Dayrta

Xulashada: Si aad u hesho bocorka darayga ah, dooro kuwa adag oo culus

Sida loo Diyaariyo: Ku dar bocorka la kariyey, darayga ah ama bocorka gasacadaysan ee alaabta la dubay, maraqyada, ama goosaarta

Kaydinta: Ku kaydi bocorada darayga ah meel qabow oo mugdi ah ilaa aad ka kala gooyso-ka dibna firinjeerka geli

DIETARY RESTRICTIONS

Dairy-Free (74)

Gluten-Free (61)

Vegan (47)

Vegetarian (127)

Qaybta Soo'ooyinka CYP

Inaad leedahay xayiraadaha cuntada maaha inay culays kaaga dhigto cunid cunto caafimaad leh. Isticmaal kala shaandheeyaha ku jirabogga soo'ooyinka Celebrate Your Plate si aad u hesho cuntooyin dhadhan fiican iyo nafaqo leh oo ku habboon hannaankaaga cunto qaadashada.