

Week Menu December 3 - 10



Monday

Soups

- ♥ Red Lentil Butternut Squash Soup
- ♥ Creamy Broccoli Soup with Pesto

Specials

- ♥ Cambodian Vegetable Curry with fresh Lemongrass, Tempeh and Jasminrice
- ♥ French Ratatouille with mashed Potatoes and Cashew Parmesan

Bake of the Day

- ♥ Spinach Pie

Tuesday

Soups

- ♥ Spinach Moong Dhal
- ♥ Winter Root Vegetable Soup

Specials

- ♥ South Indian Vegetable Curry with Basmati Rice and Mango Chutney
- ♥ Black Bean & Beet Patty with Roasted Potatoes and Guacamole

Bake of the Day

- ♥ Lasagna

Wednesday

Soups

- ♥ French Lentil Soup
- ♥ Zucchini Soup with Cashew Cream

Specials

- ♥ Pumpkin and Tofu Curry with Brown Rice, Cashew Raita and Chutney
- ♥ Hungarian Goulash with Quinoa

Bake of the Day

- ♥ Spinach Pie

Thursday

Soups

- ♥ Moong Bean Soup
- ♥ Beet-Coconut Soup

Specials

- ♥ Mushroom Ragout with Tempeh and Mashed Potatoes
- ♥ Vegetable Moussaka with Cashew Tzatziki

Bake of the Day

- ♥ Lasagna

Friday

Soups

- ♥ Indian Dhal
- ♥ Portuguese Kale Soup

Specials

- ♥ Palak Paneer (Spinach and Tofu Curry) with Dhal, Basmati Rice and Chutney
- ♥ Shephard's Pie with Roasted Vegetables

Bake of the Day

- ♥ Spinach Pie

Advent Weekend Special

Soups

- ♥ Cauliflower Mung Dhal
- ♥ Carrot-Ginger Soup

Advent Specials

- ♥ Red Thai Curry with Tofu and Jasmin Rice
- ♥ Nut & Vegetable Roast with Mashed Potatoes, Mushroom Sauce, Brussels Sprout and Cranberries

Bake of the Day

- ♥ Lasagna

♥ All the soups and specials are gluten-free and vegan ♥
♥ All the specials come with salad on the side ♥