

Week Menu January 28 – February 3



Monday

Soups

- ♥ Lentil and Lime Soup
- ♥ Borscht

Specials

- ♥ Brazilian Black Beans with Roasted Sweet Potato and Avocado Salsa
- ♥ Curry of the Day

Bake of the Day

- ♥ Lasagna

Tuesday

Soups

- ♥ Indian Dhal
- ♥ Roasted Winter Vegetable Soup

Specials

- ♥ French Ratatouille on Quinoa with Cashew Parmesan d Salad
- ♥ Curry of the Day

Bake of the Day

- ♥ Spinach Pie

Wednesday

Soups

- ♥ Cauliflower Mung Dhal
- ♥ Beet-Coconut Soup

Specials

- ♥ Mushroom & Tempeh Fricassee with Mashed Potatoes
- ♥ Curry of the Day

Bake of the Day

- ♥ Lasagna

Thursday

Soups

- ♥ French Lentil Soup
- ♥ Roasted Root Vegetable Soup

Specials

- ♥ Vegetable Moussaka with Cashew Tzatziki
- ♥ Curry of the Day

Bake of the Day

- ♥ Spinach Pie

Friday

Soups

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

Specials

- ♥ Quinoa & Beet Burgers with Roasted Potatoes and Cashew Tzatziki
- ♥ Curry of the Day

Bake of the Day

- ♥ Lasagna

Weekend Special

Soups

- ♥ New York Red Lentil Soup
- ♥ Carrot-Ginger Soup

Specials

- ♥ Shepherd's Pie with Mashed Sweet Potato and Salad
- ♥ Curry of the Day

Bake of the Day

- ♥ Spinach Pie

♥ All the Soups, Curries and Specials are Gluten-Free and Vegan ♥
♥ The Curry of the Day comes with Rice and Chutney, Raita or Dhal ♥