

Week Menu Decemeber 10 - 16



Monday

Soups

- ♥ Spinach Mung Dhal
- ♥ Pumpkin Soup

Specials

- ♥ Roasted Beetroot Curry with Brown Rice and Raita
- ♥ Sprouted Mung Bean Patties with Roasted Vegetables and Coconut Chutney

Bake of the Day

- ♥ Spinach Pie

Tuesday

Soups

- ♥ Indian Dhal
- ♥ Fennel-Leek-Potato Soup

Specials

- ♥ Roasted Coconut Lime and Tamarind Curry, Basmati Rice and Dhal
- ♥ Ratatouille with Quinoa and Cashew Parmesan

Bake of the Day

- ♥ Lasagna

Wednesday

Soups

- ♥ Lentil and Lime Soup
- ♥ Caribbean Pepper Pot

Specials

- ♥ Cambodian Vegetable Curry with Home-made Tempeh and Jasmin Rice
- ♥ Harvest Bowl: Winter Roasted Vegetables on Quinoa with Fig Balsamic Sauce

Bake of the Day

- ♥ Spinach Pie

Thursday

Soups

- ♥ Sambhar
- ♥ Thai Vegetable Soup

Specials

- ♥ Vegetable Korma with roasted Cashew, Rice and Date and Tamarind Chutney
- ♥ Brazilian Black Beans with Roasted Sweet Potato and Avocado Salsa

Bake of the Day

- ♥ Lasagna

Friday

Soups

- ♥ Cauliflower Mung Dhal
- ♥ Creamy Zucchini with Cashew

Specials

- ♥ Chickpea and Vegetable Curry with Basmati Rice and Pineapple Chutney
- ♥ Shepherd's Pie with Roasted Vegetables

Bake of the Day

- ♥ Spinach Pie

Weekend Special

Soups

- ♥ Green Lentil, Pumpkin and Rosemary Soup
- ♥ African Sweet Potato Soup

Specials

- ♥ Tempeh Stroganoff with Fusilli
- ♥ Veggie Christmas Roast with mashed sweet Potato, Brussels sprouts and Cranberry Sauce

Bake of the Day

- ♥ Lasagna

♥ All the soups and specials are gluten-free and vegan ♥

♥ All the specials come with salad on the side ♥