

## Plant based menu

### *Casseroles/salads*

Harissa black bean meatballs, minted plant based yogurt sauce  
Veggies fried rice (Basmati rice, peas, carrots, scallions, ginger, garlic, soy sauce)  
Garlic turmeric basmati rice  
Wild rice casserole with cranberries & goat cheese  
Crispy tofu, string beans, scallions, soy sauce casserole  
Turmeric tofu kebabs (plant based yogurt, turmeric, garam masala, cumin)  
Spinach & yellow lentils curry  
Matar paneer (tomatoes, indian spices, peas, cashewnuts, paneer cheese)  
Sag paneer (Tomatoe spinach puree, cashewnuts, indian spices, paneer cheese)  
Couscous, grilled vegetables & golden raisins, olive oil  
Creamy Israeli couscous, peas, coconut milk, lemon  
Mushroom-lentil burgers  
Butternut squash salad (roasted squash, green lentils, arugula, dried figs, feta cheese, mustard vinaigrette)  
Moroccan carrot salad (shredded carrots, dates, feta, cilantro, cumin, lime )  
Quinoa salad (Chick peas, cucumber, radish, parsley, garlic lemon vinaigrette)

### *Pasta*

Vegetarian bolognese (green lentils, carrots, celery, whole wheat spaghetti)  
Pasta al pesto casserole (Chickpea penne, sweet peas, basil vegan pesto)

### *Soups (vegetarian stock based)*

Tuscan tomato soup  
Potato leek soup  
Butternut squash soup  
Cauliflower curry velouté  
Tofu Thai soup (red curry, ginger, garlic, herbs, coconut milk, vegetable stock, scallions, cherry tomatoes)  
Red Curry dumpling soup (Gyoza, red curry, coconut milk, vegetable stock)  
Escarole & cannellini bean soup

### *Veggies*

Charred cauliflower, arugula, tahini caper sauce  
Roasted sweet potato fries  
Grilled zucchini, crumbled feta cheese, parsley, hazelnuts, lemon zest, olive oil  
Roasted Brussel sprouts, honey drizzle  
Roasted broccoli, lemon & almonds  
French beans, parsley & garlic  
Roasted asparagus, parmesan & lemon  
Pearl couscous, spinach, mushrooms casserole