



Ayurvedic

Curried Butternut Squash Soup

Chickpea Dip with Fresh Cilantro

Arugula Salad with Walnut Oil Dressing

Baked Pears stuffed with Granola served with Raspberry Sauce

Vegan

Caesar Salad with Croutons

Tempeh Scaloppini

Portobello Mushroom Risotto with

Collard Greens and a Red Pepper Couli

Coconut Pudding

Fall/ Winter

Cream of Mushroom Soup

Chicken with 40 Cloves of Garlic

Rice Pilaf

Brussel Sprouts with Carrots and Poppy Seeds

Apple Oat Crumble

Japanese

Nori Rolls

Sea Vegetable Salad with Roasted Carrot Vinaigrette

Miso-Marinated Salmon

Hiziki with Carrots and Onion

Coffee Custard

Mexican

Guacamole & Salsa Verde

Chicken with Poblano Green Sauce

Roasted Corn with Chipotle Mayonnaise

Jicama with Lime, Salt, & Chile Powder

Mexican Truffles

Italian

Fava Bean Puree with Crostini

Bitter Greens and Shaved Fennel Salad

Eggplant and Ricotta Pasta

Roasted Mushrooms and Artichoke Hearts

Panna Cotta

Macrobiotic

Shitake Broth with Noodles

Creamy Adzuki

Arame with Aged Tofu

Burdock, Carrots, and Onion Kimpura

Kid Friendly Mother Approved

Morning Porridge

Vegetable Soup

Spagetti and Turkey Meatballs

Donut Holes

Cleans and Detox

Avocado Salad

Squash and Sea Vegetable Salad

Fish Congee

Carrot Burdock Tempeh