



## **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