

Vegan Entrées

- Beet Burgers with Avocado Cream
- Quinoa and Black Bean Falafel with Tahini Dill Sauce
- Zucchini Fritters with Basil Aioli
- Zucchini Lasagna with Cashew Ricotta
- Stuffed Portobellos with Roasted Red Peppers and Avocado Chimichurri
- Mushroom Burgers
- Spinach Artichoke Enchiladas
- Asparagus Mushroom Stir Fry with Miso Sauce
- Winter Roasted Veggie Nourish Bowls
- Winter Squash and Mushroom Risotto
- Vegetable Paella
- Cannellini Bean and Wild Mushroom Stuffed Acorn Squash
- Sweet Potatoes stuffed with Black Beans and Cilantro Pesto
- Lasagna Stuffed Peppers with Almond Ricotta and Kale
- Portobello and Bell Pepper Fajitas
- Butternut Squash and Kale Curry
- Chana Masala
- Italian Style Polenta Bake
- Green Bean Almond Butter Stir Fry with Crispy Tofu and Cauliflower Rice
- Pesto Spaghetti Squash with Burst Tomatoes and Sauteed Zucchini
- Broccoli and Quinoa Burritos with Cashew Cheese
- Burrito Bowls with Smoky Roasted Cauliflower
- General Tso's Tofu and Broccoli
- Red Lentil Dal
- Peanut Noodles with Veggies and Tofu
- White Beans in Spicy Tomato Sauce with Polenta
- Spring/Summer Vegetable Curry
- Tandoori Tofu and Veggies
- Cauliflower Tikka Masala
- Asparagus and Meyer Lemon Risotto
- Roasted Vegetable Enchilada Casserole
- Pasta Alla Norma
- Stir Fried Basil Eggplant and Tofu
- Mongolian Soy Curls and Broccoli
- Lentil/Eggplant Bolognese with Chickpea Pasta and Cashew Parm
- Palak "Paneer"
- Braised Coconut Spinach and Chickpeas
- Stuffed Delicata with Quinoa, Sage Pesto and Cranberries
- Spaghetti Squash with Creamy Tomato Sauce
- Lentil Barbacoa Tacos
- Roasted Vegetable Ratatouille with Chickpea Pasta

- Black Bean Tempeh Tacos with Seasoned Sweet Potatoes and Avocado Pepita Sauce
- BBQ Bean Bowl with Coleslaw, Lacinato Kale and Corn
- Vegan Meatballs with Red Lentil Pasta, Cashew Parm and Sauteed Broccolini
- Teriyaki Tempeh and Broccoli with Cauliflower Rice
- Smokey Tempeh Tostadas with Mango Kale Slaw
- Tempeh Bolognese w/romaine salad and chickpea pasta
- Baja Tempeh Tacos with Lime Cream and Kale and Carrot Slaw
- Tempeh Veggie Stir Fry with Cauliflower Rice
- Spring Buddha Bowls with White Beans, Quinoa, Quick Pickled Veggies, Broccolini, Massaged Lemon Kale and Green Goddess Sauce
- Al Pastor Tempeh with Cilantro Lime Rice, Pineapple and Collard Slaw
- Tempeh ribs with Romaine Salad and Lemon Basil Potato Salad
- Sesame Orange Cauliflower
- Cashew Red Lentil Burgers

Meat Entrées

- Chicken Tikka Masala/Butter Chicken with Long Grain Brown Rice and Garlic Naan
- Edamame and Pistachio Pesto Pasta with Smoked Salmon
- White Chicken Chili with Avocado and Delicata Squash Cornbread
- Gnocchi with Roasted Winter Vegetables, Chicken Sausage and Brown Butter Sage Sauce
- Beef and Broccoli Noodles
- Louisiana Gumbo
- Coconut Lime Chicken with Snow Peas and Long Grain Brown Rice
- Athenian Shrimp Orzo
- Lamb Meatballs with Apricot Couscous and Yogurt Sauce
- Brown Rice Risotto with Sausage and Tomato Confit
- Korean Beef Tacos with Green Cabbage Slaw and Yum Yum Sauce
- Crispy Chicken Thighs, Cheesy Garlic Mashed Cauliflower and Potatoes, Simple Green Salad with Creamy Apple Cider Dressing
- Crispy Sesame Chicken with Ginger Brown Basmati Rice
- Lemon Butter Shrimp Scampi with Herbed Corn
- Chicken Ramen
- Salmon Tacos with Green Rice, Seasoned Black Beans, Green Cabbage, Mango and Avocado
- Butternut and Chicken Sausage Ragu with Pappardelle and Fresh Burrata
- Maple Mustard Baked Chicken Thighs with Cider Glazed Root Vegetables and Harvest Grains

- Make Your Own Gyros with Tzatziki, Fresh Veggies and Roasted Beet Hummus
- Chicken Tom Kha Soup with Jasmine Rice
- Lemon Dijon Chicken with Orzo and Smoky Feta Sauce
- Roasted Chicken Sausage, Cabbage and Potatoes with Mustard Vinaigrette
- Seafood Chowder and Mixed Greens Salad with Red Wine Vinaigrette
- Crispy Chicken Thighs with Cacio e Pepe Farrotto
- Chicken Fried Rice
- Mexican Stuffed Peppers
- Bang Bang Shrimp Tacos with Shredded Cabbage, Avocado and Spicy Mayo
- Shaoxing Wine Steamed Salmon with Oyster Mushrooms, Brown Rice, Barley and Daikon Radish Seed Medley
- Crispy Chicken Tinga Tacos with Avo Crema

Soups

- Roasted Cauliflower and Garlic
- Miso Soup
- Vegan Cream of Mushroom
- Creamy White Bean and Kale
- Ramen (Chicken or vegetarian)
- Broccoli Cheddar
- Pesto Tortellini Zuppa Toscana
- African Bean
- Moroccan Stew
- Cream of Asparagus
- Smoky Lentil
- Vegan Corn Chowder
- Seafood Chowder
- Carrot Ginger with Cashew Cream
- Gazpacho
- Chilled Melon and Yogurt
- Chili (Veggie or meat)
- Roasted Red Pepper
- Greek Lemon Rice
- Coconut Red Lentil
- Garlicky Tomato Soup with Smashed White Beans
- Black Bean
- Vegan Minestrone with Quinoa Fusilli
- Spring Leek and Arugula Vichyssoise

- Carrot and Farro with Kale Sauce
- Tortilla Soup
- Wild Rice and Mushroom Soup with Dill
- Mushroom Hot Pot
- Beet Soup with Tahini Drizzle and Za'atar
- Crispy Brussels and Tofu with Sweet and Spicy Glaze

Salads

- Wild Rice and Kale Salad with Lemon Vinaigrette
- Creamy Chickpea and Quinoa Salad
- Shaved Asparagus Salad with Strawberries and Fresh Greens
- Roasted Potato and Asparagus Salad with Dilly Lentils
- Southwest Black Bean Salad
- Spring/Summer Veggie Salad with Creamy Basil Dressing
- Roasted Carrot and Chickpea Salad with Lemon Dill Dressing
- Vegan Caesar Salad with Hemp Parm and Crispy Chickpea Croutons
- Quinoa Spinach Salad with Blueberries and Pistachio Vinaigrette
- Arugula Wild Rice and Dried Cherry Salad with Lemon Vinaigrette
- Quinoa Broccoli Salad with Toasted Almonds and Honey Mustard Vinaigrette
- Greek Wedge Salad
- Vegan BLT salad with coconut "bacon" and heirloom tomatoes
- Kale Salad with Blood Oranges, Toasted Pumpkin Seeds and Citrus Vinaigrette
- Tomato Avocado Caprese Salad with Balsamic Reduction
- Colorful Beet, Carrot and Quinoa Salad with Toasted Almonds and Spinach
- Curried Lentil and Spinach Salad
- Fall Salad with Brussels, Toasted Pecans, Diced Apple and Balsamic