



# THIS WEEK'S FLAVOR

## BRUSSELS CAESAR

Roasted Brussels, Chickpeas, Creamy Caesar

## CAULIFLOWER TINGA TACOS

White Beans, Kale, Pickled Cabbage, Corn Salsa, Lime Crema

## CHICKPEA SALAD WITH BUTTERNUT BISQUE

\*Remove Chickpea Salad BEFORE Heating Soup!

Enjoy with crackers, as a sandwich, or as is!

## BROCCOLI STIR FRY

Brown Rice, Peas, Terriyaki Sauce, Almond Ginger Satay

## FANCY RAMEN BOWL

Mushrooms, Bok Choy, Tofu, Ramen Broth

\*Boil Noodles FIRST, then Make Ramen Bowl

## SPICY "TUNA" SUSHI BOWL

Sushi Rice, Edamame, Wasabi Aioli

# ENJOY!



*Chef Lauren*



# THIS WEEK'S FLAVOR

## GREEK ORZO SALAD

White Beans, Feta, Olive Tapenade, Tahini Dressing

## JAMAICAN JERK TACOS

Walnut "Meat", Kale, Pineapple Salsa, Lime Crema

## PEANUT STIR FRY BOWL

Brown Rice, Peas, Red Peppers, Carrots, Tofu, Peanut Sauce

## CHICKPEA BROCCOLI ZITI

Plant-Based Pasta, Roasted Broccoli, Creamy Alfredo

## JALAPENO POPPER SPAGHETTI SQUASH STUFFED PEPPERS

Quinoa Bacon Bits, Lentils, Spinach, Creamy Ranch Dressing

## BLACK BEAN ENCHILADAS

Sweet Potato Black Bean Filling, Enchilada Sauce, Cashew Queso

# ENJOY!



*Chef Lauren*



# THIS WEEK'S FLAVOR

## **SPINACH "BACON" SALAD**

Pecans, Cranberry, Vegan Goat Cheese, Quinoa Bacon,  
Creamy Balsamic Dressing

## **CHIPOTLE CAULIFLOWER TACOS**

White Beans, Kale, Pickled Cabbage, Corn Salsa, Lime Crema

## **BIBIMBAP BOWL**

Rice, Kimchi, Carrots, Edamame, Shiitake, Gochujang Aioli

## **LO MEIN NOODLE BOWL**

Plant-Based Pasta, Peppers, Zucchini, Mushrooms

## **FALAFEL BOWL**

Hummus, Pickled Red Cabbage, Creamy Tahini Dressing

## **VEGGIE BEAN CHILI**

Lentils, Shredded Vegan Mexican Blend, Cornbread

# ENJOY!



*Chef Lauren*