

## Breakfast Bowls

### Breakfast Hash

Gf Sausage-GF Rolled Oats, Pumpkin Seeds, Pecans & Spices / Russet Potatoes / Red Peppers / Spinach / Red Onions / Garlic

### Blueberry Lemon Overnight Oats

Oat Milk / Blueberries / Lemon / Maple Syrup / Vanilla / Rolled Oats / Chia Seeds

## Monthly Favorites

### Southwest Chili

Kidney Beans / White Beans / Pinto Beans / Red Peppers / Poblano Peppers / Fire Roasted Tomatoes / Spanish Onions / Garlic / Spices / Parsley / Cashew Sour Cream  
Cal: 353 Carbs: 45g Protein: 23g Fat 9

### Buffalo Chickpea Taco Bowl

Spicy Chickpea & Cauliflower Meat / Roasted Peppers / Cucumbers / Fresh Greens / Hummus / Cilantro / Flour Tortillas  
Cal: 389 Carbs: 49g Protein: 15g Fat: 9g

### Butternut Squash Risotto

Roasted Butternut Squash / Seared Asparagus / Peas / Red Peppers / Hemp Seeds / Risotto / Kale / Thyme / White Wine Garlic Cashew Cream Sauce  
Cal: 404 Carbs: 67g Protein: 18g Fat: 8g

## Weekly Menu 11.20– 11.25

### Mediterranean Lentil Soup

Red Lentils / Spanish Onions / Sweet Corn / Parsley / Saffron / Turmeric / Vegetable Broth / Cumin  
Cal: 317 Carbs: 39g Protein: 17g Fat: 9g

### Sweet Potato Caesar Salad

Roasted Sweet Potatoes / Toasted Chickpeas / Grated "Parmesan" / Lemon / Spinach / Kale / Arugula / Caesar Dressing  
Cal: 289 Carbs: 39g Protein: 9g Fat: 11g

### Banh Mi Sandwich

Mushrooms / Pan Seared Tofu / Cucumbers / Carrots / Cilantro / Red Onions / Arugula / Vegan Bun / Banh Mi Sauce – Sesame Oil / Coconut Aminos / Ginger / Garlic / Lime / Hot Chili Oil / Vegan Mayo  
Cal: 420 Carbs: 38g Protein: 22g Fat: 10g

### Lebanese Mujadara

Lentils / Brown Rice / Hummus / Fried Onions / Cumin Seeds / Coriander Seeds / Cinnamon / Turmeric / Chili Powder / Allspice / Grain Free Tabbouleh Salad - Cucumbers, Parsley, Tomatoes, Lemon, Garlic & Olive Oil  
Cal: 321 Carbs: 47g Protein: 13g Fat: 9g

### Thanksgiving Meal

"Meat Loaf" – GF Rolled Oats, Pecans, Pumpkin Seeds, Figs, Spices, Liquid Aminos & Nutritional Yeast / Green Bean Casserole – Onions, Garlic, Cashew Cream, Vegan Mayo & Parsley / Garlic Mashed Potatoes / Mushroom Gravy  
Cal: 413 Carbs: 53g Protein: 21g Fat: 11g

### Tofu Scallopini

Seared Tofu / Kale / Sun-Dried Tomatoes / Garlic / Spanish Onions / Fresh Rosemary / Cashew Cream / Lemon / Vegan Butter / Spaghetti Noodles  
Cal: 415 Carbs: 47g Protein: 17g Fat: 13g

## Sweet of the Week

### Wild Berry Lemon Bar

Blueberries, Raspberries, Strawberries / Coconut Milk / Cashews / Vanilla / Maple Syrup / Agar Agar / Almond Flour / Lemon Juice / Lemon Zest / Tapioca Flour / Coconut Oil / Sea Salt

### Royal Almond Cake

AP Flour / Cane Sugar / Almond Milk / Apple Cider Vinegar / Vanilla / Almond Extract / Almond Buttercream Frosting - Vegan Butter / Powdered Sugar / Almond Milk / Almond Extract / Almond Cookies / Ground Almonds



## Side Dishes

### Mac & "Cheese"

Assorted Pasta / Cashew Cream / Vegan Mayonnaise (Soy Free) / Nutmeg / Nutritional

### Potato Salad

Red Skin Potato / Red Onion / Celery / Vegan Mayonnaise (Soy Free) / Grainy Mustard

### Green Bean Casserole

Green Beans / Onions / Garlic / Cashew Cream / Nutritional Yeast / Soy-Free Vegan Mayo / Parsley

### "Crab" Cakes

Chickpeas / Vegan Mayo / Nori / Hearts of Palm / Garlic / Red Onions / Parsley / Nutritional Yeast / Grainy Mustard

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