



Weekly Menu 7/13 - 7/17

Please Place Your Order by TUESDAY

Choose any meals of the following Menu

Mediterranean Lentil Soup / Carrots / Spanish Onions / Red Lentils / Sweet Roasted Corn / Cilantro / Saffron / Turmeric / Vegetable Broth

White Bean Spaghetti / Roasted Garlic / White Beans / Collard Greens / Lemon Zest / Crushed Red Peppers / Fresh Dill / Olive Oil / "Shredded Parmesan Cheese"

Roasted Veggie Bowl / Sweet Potatoes / Zucchini / Squash / Red Peppers / Jalapenos / Red Onions / Guajillo Dressing / Power Greens / Avocado

Kung Pao Tofu / Roasted Red Pepper / Broccoli / Wild Mushrooms / Ginger / Bok Choy / Sugar Snap Peas / Purple Cabbage / Crushed Red Pepper / Hot Sesame Oil / Lime / Seared Tofu / Basmati Rice

Pierogi Quesadilla / "Cheesy" Potato and Spinach Filling / Nutritional Yeast / Scallions / Spanish Onions / Sauerkraut / Cashew Sour Cream

"Tuna" Salad Lettuce Wraps / Chickpeas / Nori / Nutritional Yeast / Fresh Dill / Vegan Mayo / Red Onion / Lemon Juice / Garlic / Tamari / Dijon Mustard / Vinegar / Crisp Lettuce Leaves

Spicy Soba Noodles / Seared Baby Bok Choy / Bean Sprouts / Scallions / Tahini / Tamari / Roasted Peanuts / Roasted Red Peppers / Sesame Seeds

Solar Plexus Chakra Salad / Mango / Jicama / Cucumber / Black Beans / Yellow Peppers / Arugula / Lime / Olive Oil

Giant Cauliflower Taco / Roasted Cauliflower / Hummus / Sweet Peppers / Cilantro / Shredded Fennel Slaw / Quinoa / Lentils

Gordita Taco Bowl / Mushroom & Walnut Taco "Meat" / Shredded Cheddar "Cheese" / Salsa / Guacamole / Shredded Romaine / Crispy Tortilla Crumbles

Aratham Packages

5 Meals per Week Minimum Order 🍷 - Delivery Fee Included

Email: info@aratham.com - Website: www.aratham.com