

#### **WEEK ONE**

#### **SHAKSHUKA**

Baked egg casserole with middle eastern spices, feta cheese and cilantro Contains Egg, Milk Vegetarian

#### TUMERIC BASMATI PILAF \*

Basmati rice simmered in vegetable stock with parsley and tumeric powder Vegan, Vegetarian

#### TABBOULEH WITH GARBANZO BEANS

Bulger wheat tossed with garbanzo beans, tomato, cucumber, mint, lemon and olive oil

Contains Gluten, Wheat, Vegan, Vegetarian

#### LEMON ZATAAR CHICKPEA SALAD

Chickpeas tossed with celery, lemon juice, mint and za'atar seasoning Contains Sesame, Vegetarian

#### FATTOUSH SALAD

#### **CRISPY FALAFEL**

Contains Soy, Vegan, Vegetarian

#### **HUMMUS**

Garbanzo beans, tahini paste, olive oil and lemon juice Contains Sesame, Vegan, Vegetarian



# RAMADAN

### KAREEM

**WEEK TWO** 



#### NORTH AFRICAN TAGINE BOWL

Roasted root vegetable tagine with couscous Contains Gluten, Wheat, Vegan, Vegetarian

#### MOROCCAN EGGPLANT TAGINE



Moroccan spiced vegetarian stew with chickpeas and mint Vegan, vegetarian

#### ROOT VEGETABLE TAGINE ★

Parsnips, sweet potatoes, chickpeas, raisins and kale simmered in vegetable stock with Moroccan spices

Vegan, Vegetarian

#### PEANUT AND SWEET POTATO CURRY

Sweet and spicy peanut and sweet potato curry with onions, tomatoes, dried apricots and honey

Contains Peanuts, Vegan

#### **MOROCCAN CHICKPEA STEW**

Fresh tomatoes stewed with potatoes, chickpeas, jalapeno peppers, cumin, turmeric and chili powder

Vegan, Vegetarian

#### ROASTED VEGGIE SOUTH AFRICAN RICE BOWL

Geellrys, plant-based chicken, tomato, carrot, broccoli, sweet potato, topped with chermoula and tomato olive relish

Vegan

**GEELLRYS** 

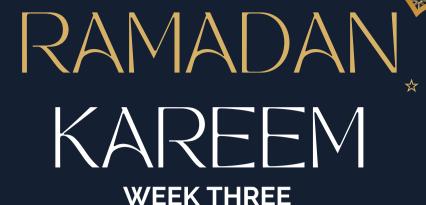
**JOLLOF RICE** 

Vegan, Vegetarian

Vegan

SEE THE EVERYDAY APP FOR DETAILED MENUS







#### SHIITAKE, SCALLION SOBA NOODLES

Shiitake mushrooms, napa cabbage, ginger, garlic, sesame, Siracha and soba noodles \*\*Contains Gluten, Sesame, Soy, Wheat, Vegan

#### **TOFU PAD THAI**

Seared tofu and rice noodles with bok choy in a soy lime sauce, topped with peanuts Contains Peanuts, gluten, Soy, Wheat, Vegan

#### SZECHUAN TOFU STIR FRY

Stir-fry tofu, onions, red peppers, poblano peppers in a spicy Szechuan sauce Contains Gluten, Sesame, Soy, Wheat, Vegan

#### KOREAN STIR-FRIED VEGETABLES AND TOFU

Sesame stir-fried carrots and zucchini served over pan fried tofu Contains Gluten, Sesame, Soy, Wheat, Vegan

#### MONGOLIAN PLANT SHREDS WITH JASMINE RICE

Teriyaki plant-based shreds, stir-fried with sesame, ginger, garlic and fresh vegetables over jasmine rice

Contains Gluten, Sesame, Soy, Wheat, Vegan



#### THAI FRIED RICE

Contains Gluten, Soy, Wheat, Vegan

#### THAI CHILI TOFU BITES

Contains Gluten, Soy, Wheat, Vegan

#### **ROASTED KOREAN TOFU**

Contain Gluten, Soy, Wheat, Vegan

#### \*THAI EGGPLANT SALAD

Contains Soy, Vegan, Vegetarian

#### **CRISPY TOFU**

Contains Gluten, Sesame, Soy, Wheat, Vegan

#### **KOREAN CORN**

Contains Gluten, Sesame, Soy, Wheat, Vegan

#### **BASMATI RICE**

Vegan, Vegetarian

SEE THE EVERYDAY APP FOR DETAILED MENUS



## RAMADAN KAREEM



#### ★ WEEK FOUR

#### **PUNJABI CURRY TOFU**

Tofu sauteed with green peppers, fresh ginger and garlic with curry sauce topped with cilantro Contains Soy, Vegan, Vegetarian

#### **ALU MATA - PEA & POTATO CURRY**

Potatoes and peas simmered in a creamy sauce of onion, ginger, garlic, tomato and aromatic spices

Contains Soy, Vegan, Vegetarian

#### SPICY VEGAN VEGETABLE AND PEANUT CURRY

Sauteed onions, carrots, potatoes, green and chili peppers simmered in coconut milk with spices and peanuts

Contains Peanuts, Treenuts, Vegan, Vegetarian

#### BAINGAN BHARTA NORTH INDIAN EGGPLANT

North India roasted mashed eggplant sauteed with onion, ginger, tomato and cilantro Vegan, Vegetarian

#### INDIAN STYLE GÅRBANZO BEANS

Garbanzo beans and onions simmered with tomatoes, ginger, turmeric and red pepper Contains Milk, Soy, Vegan

#### **CAULIFLOWER MIXED VEGETABLES**

Vegan, Vegetarian

#### **TUMERIC BASMATI RICE**

Vegan, Vegetarian