



**Plant based/Vegetarian Menu  
Jan 2022**

**Please note once cooked, these meals must be consumed within 4-5 days or frozen ASAP for a later date. These can be frozen up to 6-12 months**

\*Indicated slow cooked meal options.

Package sizing 15 meals (3 dishes, 1 maximum slow cooking dish)

20 meals (4 dishes, 2 maximum slow cooking dish)

30 meals (5 dishes 3 maximum slow cooking dish)

42 meals (7 dishes 3 maximum slow cooking dish)

1. Rice or Buckwheat risotto with mushrooms and parsley (cheese or vegan cheese optional)
2. Lentil and vegetable Bolognese cooked in veggie broth with pasta of your choice or zucchini noodles (slow cooked)
3. Wholesome red lentil Dahl with fragrant quinoa or brown rice and steamed greens
4. 'Butter' tofu curry with rice or cauliflower rice and broccolini
5. Oven baked pumpkin and zucchini muffins with avocado salad or steamed broccolini
6. Stuffed sweet potato with Mexican chilli beans, coco kefir/sour cream, cheese and avocado
7. Coconut and turmeric tofu curry served with rice and steamed spinach
8. Chickpea falafels with hummus and quinoa tabouli
9. Thai Chickpea burgers served in lettuce cups with an asian dressing and greens
11. Soba noodle salad with tempeh/tofu, cashews, carrots and sugar snap peas
12. Kale, black bean and avocado mexican bowls (slow cooked)
13. Spicy wholesome vegan lentil soup
14. Jamaican jerk grilled eggplant with cauliflower rice



15. Raw noodle free pad thai- mixed veggie noodles, cabbage, coriander and peanuts served with peanut sauce
16. Roasted brussel sprout spaghetti with 'creamy' garlic sauce with, peas and spinach
17. Plant based shepherd's pie topped with mash sweet potato (cheese optional)
18. Panko crumbed eggplant schnitzel with mash and steamed greens. Mayo optional
19. Creamy curried cauliflower lentil soup
20. Tamari marinated tofu rice paper rolls with peanut sauce
21. Plant based fried rice with tofu, broccoli, peas and mushrooms
22. Grilled corn salad with vegan chipotle ranch dressing
23. Crispy miso chickpeas bowls with garlic sesame sauce
24. Chickpea and vegetable bake (eggplant, zucchini, mushrooms, capsicum) cooked with tomato and garlic sauce, topped with cheese
25. Coconut vegetable curry with coconut or plain rice, cooked with curry powder, ginger and garlic
26. Miso baked eggplant, roasted pumpkin, brown rice, steamed asian greens with sesame seeds and shallots
27. Lentil bolognese served with spaghetti or zucchini noodles
28. Roasted cauliflower and yoghurt curry- cooked with veggies and served with brown rice and coriander
29. Vegan meatballs (black beans and quinoa) cooked in tomato sauce served with pasta of your choice
30. Beetroot risotto with goats cheese and walnuts
31. Pasta with eggplant, zucchini, mushrooms, basil and tomato sauce



32. Mexican quesadillas with black beans, capsicum, cheese served with roasted potato/or sweet potato fries (must use meltable cheese)
33. Lemon coconut soup with greens
34. Cauliflower 'dahl', basmati rice and coriander topped with raisins
35. Stuffed curried eggplant with peanut sauce, rice and greek/vegan yoghurt
36. Vegetable tagine served with cous cous or quinoa and almonds
37. Sweet potato and white bean chilli served with quinoa or rice and smashed avocado
38. Vegetable Lasagna- made with homemade tomato sauce, garlic cooked with cheese  
Please allow 2-2.5 hours prep and cooking time\*
39. Mexican quesadillas with black beans, capsicum, cheese served with roasted potato/or sweet potato fries (not gf)
40. Mung bean and coconut dahl with cauliflower rice or brown rice (slow cooker dish)\*
41. Broccoli fritters, roasted seasonal veggie with mint yoghurt dressing or smashed avocado and pickled cucumber
42. Cauliflower, kale and pepita soup
43. Pumpkin and tofu red curry (curry paste made from scratch)
44. Homemade teriyaki tofu sushi bowl- white/brown rice, avocado, cucumber, corn, topped with sesame seeds, 'good fat' mayo, spring onion with a side of crispy seaweed
45. Vegetable Stock Concentrate 250ml- replace your store bought stock cubes with this handmade organic stock paste. Our stock paste is made from organic seasonal vegetables, herbs, olive oil and rock salt. No preservations, palm oil, flavours, fillers or nasties! \$25 and makes 12 litres of stock and lasts 3-4 months once open.



THE  
NOURISHING  
POINT