



Our menu rotates on monthly basis.
In a month, every week's and every day's menu is different as below. Order 2 days in advance. Arrange pick up or delivery.

Fresh Meals Everyday!

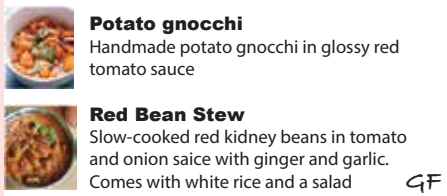
Meal Plans and Bulk meals available

Price range: Meal plans- \$6 - \$13 Once off orders - \$16 - \$20

Orders:
Call/Text: 0470 363 338
Website: greenkarma.net
Pick ups 7am - 7pm, 60 Luck St, Eltham
Delivery: 12 pm -1:30 pm,
4 pm to 5pm

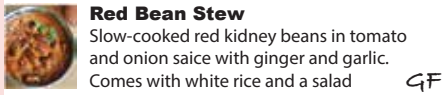
Week 1

Monday



Potato gnocchi

Handmade potato gnocchi in glossy red tomato sauce

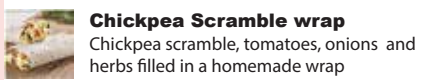


Red Bean Stew

Slow-cooked red kidney beans in tomato and onion sauce with ginger and garlic. Comes with white rice and a salad

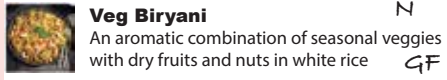
GF

Tuesday



Chickpea Scramble wrap

Chickpea scramble, tomatoes, onions and herbs filled in a homemade wrap



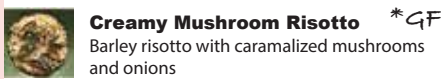
Veg Biryani

An aromatic combination of seasonal veggies with dry fruits and nuts in white rice

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GF

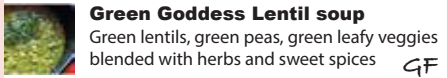
Wednesday



Creamy Mushroom Risotto

Barley risotto with caramelized mushrooms and onions

*GF

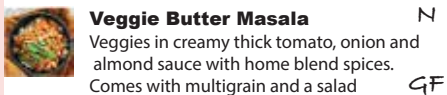


Green Goddess Lentil soup

Green lentils, green peas, green leafy veggies blended with herbs and sweet spices

GF

Thursday

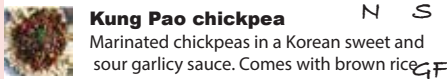


Veggie Butter Masala

Veggies in creamy thick tomato, onion and almond sauce with home blend spices. Comes with multigrain and a salad

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GF



Kung Pao chickpea

Marinated chickpeas in a Korean sweet and sour garlicky sauce. Comes with brown rice

N S

GF

Friday

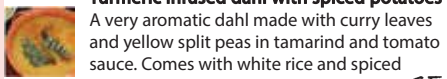


Lentil Shepherd's Pie

Lentils with veggies baked with a layer of potatoes on top.

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GF



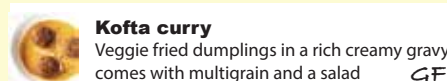
Turmeric infused dahl with spiced potatoes

A very aromatic dahl made with curry leaves and yellow split peas in tamarind and tomato sauce. Comes with white rice and spiced potatoes

GF

Week 2

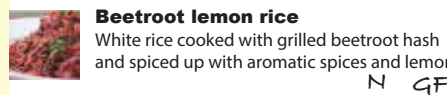
Monday



Kofta curry

Veggie fried dumplings in a rich creamy gravy. comes with multigrain and a salad

GF

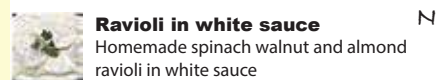


Beetroot lemon rice

White rice cooked with grilled beetroot hash and spiced up with aromatic spices and lemon

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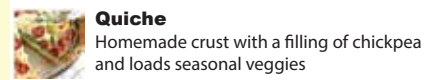
Tuesday



Ravioli in white sauce

Homemade spinach walnut and almond ravioli in white sauce

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Quiche

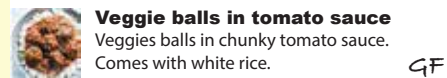
Homemade crust with a filling of chickpea and loads seasonal veggies

Wednesday



Moroccan pancakes with juicy bean salad

Savory pancakes served with Moroccan spiced bean salad



Veggie balls in tomato sauce

Veggies balls in chunky tomato sauce. Comes with white rice.

GF

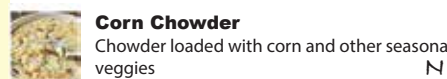
Thursday



Chickpea Curry

A unique chickpea curry made in a special homemade tomato and herbs sauce. Comes with multigrain and a salad

GF

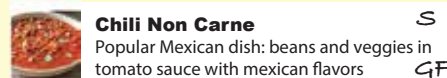


Corn Chowder

Chowder loaded with corn and other seasonal veggies

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Friday

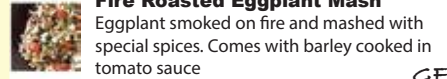


Chili Non Carne

Popular Mexican dish: beans and veggies in tomato sauce with mexican flavors

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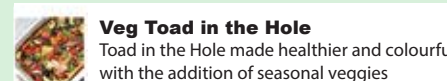
Fire Roasted Eggplant Mash

Eggplant smoked on fire and mashed with special spices. Comes with barley cooked in tomato sauce

GF

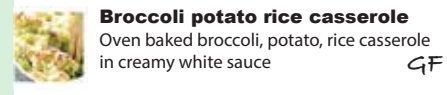
Week 3

Monday



Veg Toad in the Hole

Toad in the Hole made healthier and colourful with the addition of seasonal veggies

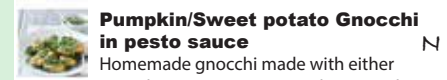


Broccoli potato rice casserole

Oven baked broccoli, potato, rice casserole in creamy white sauce

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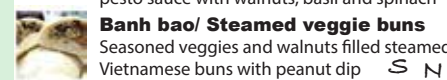
Tuesday



Pumpkin/Sweet potato Gnocchi in pesto sauce

Homemade gnocchi made with either pumpkin or sweet potato in homemade pesto sauce with walnuts, basil and spinach

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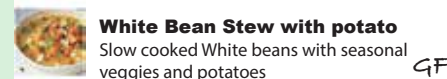


Banh bao/ Steamed veggie buns

Seasoned veggies and walnuts filled steamed Vietnamese buns with peanut dip

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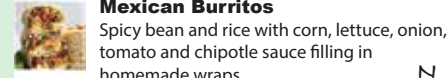
Wednesday



White Bean Stew with potato

Slow cooked White beans with seasonal veggies and potatoes

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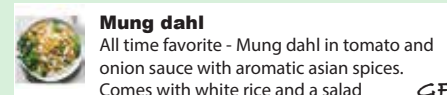


Mexican Burritos

Spicy bean and rice with corn, lettuce, onion, tomato and chipotle sauce filling in homemade wraps

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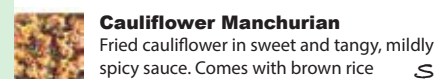
Thursday



Mung dahl

All time favorite - Mung dahl in tomato and onion sauce with aromatic asian spices. Comes with white rice and a salad

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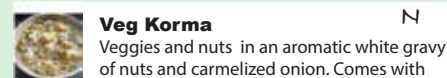


Cauliflower Manchurian

Fried cauliflower in sweet and tangy, mildly spicy sauce. Comes with brown rice

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Friday

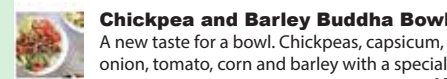


Veg Korma

Veggies and nuts in an aromatic white gravy of nuts and caramelized onion. Comes with white rice

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GF



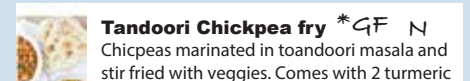
Chickpea and Barley Buddha Bowl

A new taste for a bowl. Chickpeas, capsicum, onion, tomato, corn and barley with a special dressing and spices.

GF

Week 4

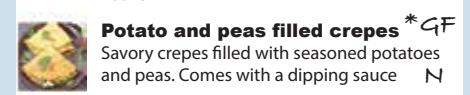
Monday



Tandoori Chickpea fry

Chicpeas marinated in toandoori masala and stir fried with veggies. Comes with 2 turmeric naans

*GF N



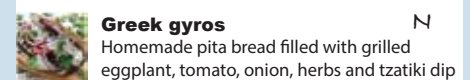
Potato and peas filled crepes

Savory crepes filled with seasoned potatoes and peas. Comes with a dipping sauce

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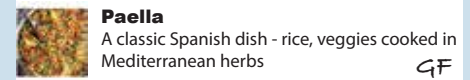
Tuesday



Greek gyros

Homemade pita bread filled with grilled eggplant, tomato, onion, herbs and tzatziki dip

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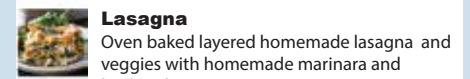


Paella

A classic Spanish dish - rice, veggies cooked in Mediterranean herbs

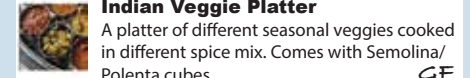
GF

Wednesday



Lasagna

Oven baked layered homemade lasagna and veggies with homemade marinara and bechmel sauce

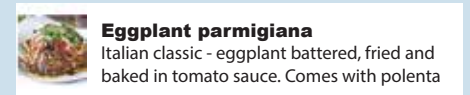


Indian Veggie Platter

A platter of different seasonal veggies cooked in different spice mix. Comes with Semolina/ Polenta cubes

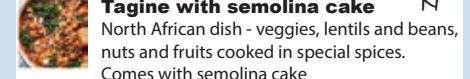
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Thursday



Eggplant parmigiana

Italian classic - eggplant battered, fried and baked in tomato sauce. Comes with polenta

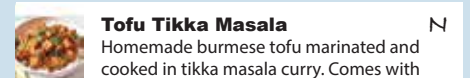


Tagine with semolina cake

North African dish - veggies, lentils and beans, nuts and fruits cooked in special spices. Comes with semolina cake

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Friday

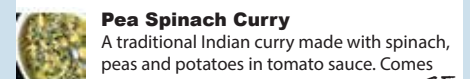


Tofu Tikka Masala

Homemade burmese tofu marinated and cooked in tikka masala curry. Comes with white rice

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GF



Pea Spinach Curry

A traditional Indian curry made with spinach, peas and potatoes in tomato sauce. Comes with white rice

GF



Menu of each week is color coded. The menu corresponding to each color is on the backside.

1st week 3rd week
2nd week 4th week

January 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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February 2020

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23	24	25	26	27	28	29

March 2020

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April 2020

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May 2020

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31						

June 2020

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21	22	23	24	25	26	27
28	29	30				

July 2020

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August 2020

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23	24	25	26	27	28	29
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September 2020

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			

October 2020

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2020

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2020

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		