



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 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

February 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 |

March 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 | | | | |

April 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 | | |

May 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 | | | | | | |

June 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 | | | | |

July 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 | |

August 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 | | | | | |

September 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 | | | |

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 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |



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, Bulk meals: \$10 - \$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

| | |
|-------------------------------------------------------------------------------------------|----|
| Kofta curry | GF |
| Veg fried dumplings in a rich creamy gravy. Comes with brown rice and a salad | |
| Beetroot lemon rice | N |
| White rice cooked with grilled beetroot hash and spiced up with aromatic spices and lemon | GF |

Tuesday

| | |
|------------------------------------------------------------------------------------|----|
| Chickpea Scramble wrap | |
| Chickpea scramble, tomatoes, onions and herbs filled in a homemade wrap | |
| Veg Biryani | GF |
| An aromatic combination of seasonal veggies with dry fruits and nuts in white rice | N |

Wednesday

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|------------------------------------------------------------------------------------|-----|
| Creamy Mushroom Risotto | GF* |
| Barley risotto with caramelized mushrooms and onions | |
| Green Goddess Lentil soup | |
| Green lentils, green peas, green leafy veggies blended with herbs and sweet spices | |

Thursday

| | |
|------------------------------------------------------------------------------------------------------------------|----|
| Veggie Butter Masala | GF |
| Veggies in creamy thick tomato, onion and almond sauce with home blend spices. Comes with white rice and a salad | N |
| Kung Pao chickpea | N |
| Marinated chickpeas in a Korean sweet and sour garlicky sauce. Comes with brown rice | S |
| | GF |

Friday

| | |
|-------------------------------------------------------------------------------------------------------------------|----|
| Lentil Shepherd's Pie | GF |
| Lentils with veggies baked and a layer of potatoes on top. | S |
| Turmeric dahl + potatoes | |
| A very aromatic dahl made with curry leaves, tamarind and tomato sauce. Comes with white rice and spiced potatoes | |

Week 2

Monday

| | |
|------------------------------------------------------------------------------------------------------------------|----|
| Potato gnocchi | |
| Handmade potato gnocchi in glossy red tomato sauce | |
| Red Bean Stew | GF |
| Slow-cooked red kidney beans in tomato and onion sauce with ginger and garlic. Comes with white rice and a salad | |

Tuesday

| | |
|-------------------------------------------------------------------------|---|
| Ravioli in white sauce | N |
| Homemade spinach walnut and almond ravioli in white sauce | |
| Quiche | |
| Homemade crust with a filling of chickpea and loads of seasonal veggies | |

Wednesday

| | |
|-------------------------------------------------------------|-----|
| Moroccan pancakes with juicy bean salad | GF* |
| Savory pancakes served with Moroccan spiced bean salad | |
| Veggie balls in tomato sauce | |
| Veggie balls in chunky tomato sauce. Comes with white rice. | |

Thursday

| | |
|--------------------------------------------------------------------------------------------------------------|----|
| Chickpea Curry | GF |
| A unique chickpea curry made in a special homemade tomato and herbs sauce. Comes with white rice and a salad | |
| Corn Chowder | N |
| Chowder loaded with corn and other seasonal veggies | |

Friday

| | |
|--------------------------------------------------------------------------------------------------|-----|
| Chili Non Carne | GF |
| Popular Mexican dish: beans and veggies in tomato sauce with mexican flavors | S |
| Fire Roasted Eggplant Mash | GF* |
| Eggplant smoked on fire and mashed with special spices. Comes with barley cooked in tomato sauce | |

Week 3

Monday

| | |
|-------------------------------------------------------------------------------------------------|---|
| Tandoori Chickpea fry | N |
| Chickpeas marinated in tandoori masala and stir fried with veggies. Comes with 2 turmeric naans | |
| Potato and peas filled crepes | |
| Savory crepes filled with seasoned potatoes and peas. Comes with a dipping sauce | |

Tuesday

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|-------------------------------------------------------------------------------------|---|
| Pumpkin/Sweet potato Gnocchi in pesto sauce | N |
| Homemade gnocchi (pumpkin /sweet potato pesto sauce with walnuts, basil and spinach | |
| Banh bao/ Steamed veg buns | |
| Seasoned veggies and walnuts filled steamed Vietnamese buns with peanut dip | |

Wednesday

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|-----------------------------------------------------------------------------------------------------|----|
| White Bean Stew with potato | GF |
| Slow cooked White beans with seasonal veggies and potatoes | |
| Mexican Burritos | N |
| Spicy beans and rice with corn, lettuce, onion, tomato and chipotle sauce filling in homemade wraps | |

Thursday

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|-----------------------------------------------------------------------------------------------------------------------|----|
| Mung dahl | GF |
| All time favorite - Mung dahl in tomato and onion sauce with aromatic asian spices. Comes with brown rice and a salad | |
| Cauliflower Manchurian | S |
| Fried cauliflower in sweet and tangy, mild spicy sauce. Comes with brown rice | |

Friday

| | |
|----------------------------------------------------------------------------------------|----|
| Veg Korma | GF |
| Veggies and nuts in an aromatic white gravy of nuts and onion. Comes with white rice | N |
| Chickpea and Barley Buddha Bowl | GF |
| Chickpeas, capsicum, onion, tomato, corn and barley with a special dressing and spices | |

Week 4

Monday

| | |
|-------------------------------------------------------------------------------------|-----|
| Veg Toad in the Hole | |
| Toad in the Hole made healthier and colourful with the addition of seasonal veggies | |
| Broccoli potato rice casserole | GF* |
| Oven baked broccoli, potato, rice casserole in creamy white sauce | |

Tuesday

| | |
|-----------------------------------------------------------------------------------------|----|
| Greek gyros | N |
| Homemade pita bread filled with grilled eggplant, tomato, onion, herbs and tzatziki dip | |
| Paella | GF |
| A classic Spanish dish - rice, veggies cooked in Mediterranean herbs | |

Wednesday

| | |
|-------------------------------------------------------------------------------------------------|----|
| Lasagna | N |
| Oven baked layered homemade lasagna and veggies with homemade marinara and bechmel | |
| Indian Veggie Platter | GF |
| A platter of different seasonal veggies cooked in different spice mix. Comes with polenta cubes | |

Thursday

| | |
|---------------------------------------------------------------------------------------------------------------------|-----|
| Eggplant parmigiana | N |
| Italian classic - eggplant battered, fried and baked in tomato sauce. Comes with polenta | |
| Tagine with semolina cake | GF* |
| North African dish - veggies, lentils and beans, nuts and fruits cooked in special spices. Comes with semolina cake | |

Friday

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|--------------------------------------------------------------------------------------------------------|----|
| Tofu Tikka Masala | N |
| Grilled burmese tofu and cooked in tikka masala curry. Comes with white rice | GF |
| Pea Spinach Curry | GF |
| A traditional Indian curry made with spinach, peas and potatoes in tomato sauce. Comes with white rice | |