

January & February

Mayari's Voyage: Prepared Meals Menu

Vegetarian and Soup

- Pasta inverno- Penne pasta with a blended sauté of winter vegetables and delicate olive oil dressing
- Kale white bean soup- a brothy soup of white beans, kale, with herbs.
- Voyage grain bowl- farro with roasted vegetables and feta cheese
- Carrot and red lentil soup- a thick soup of carrots, red lentils, celery, and onions.



Fish and Seafood

- Ginger and “soy” (liquid aminos) pan seared tuna- served with winter vegetables
- Sword fish steaks “piccata” (lemon pan sauce) with egg noodles

Chicken

- Pollo guisado with rice- latin/caribbean style stewed chicken, served with rice.
- Citrus chicken- citrus marinated chicken, served with farroh.
- Spaghetti squash with roasted drumsticks, and winter vegetables.



Pork and Beef

- Beef Stroganoff- classic Russian beef dish with egg noodles
- Mojo pork with plantains- pork chops seared in mojo marinade with sweet plantains.

