






























WEEK 2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad/raita					
	GREEN SALAD	RAITA		INDIAN SALAD	MIX VEG RAITA
Vegetable					
	PALAK PANEER	VEG KADHAI	DHINGRI MUTTER	DUM ALOO KASHMIRI	PAV BHAJI
Rice					
	JEERA RICE	MINT RICE		PLAIN RICE	VEG BIRYANI
Dal					
	MAA KI DAL	DAL FRY	CHAWALI DAL	WHOLE MOONG DAL	
Chapatti					
	CHAPATI	CHAPATI	CHAPATI	CHAPATI	PAV
Dessert/Curd					
	KHEER	MALPUA	GAJJAR HALAWA	ELAICHI BANANA	SHEERA