


























# WEEK 3

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad/raita					
	CUCUMBER SALAD	VEG SOUP	GARDEN SALAD	LONG BEANS	INDIAN KIMCHI SALAD
Vegetable					
	VEG KHOLAPURI		VEG DO PYAZA	CHOLE	VEG MACHURIAN
Rice					
	DAHI PAKODA CURRY	VEG SCHEZWAN FRIED RICE	JEERA RICE		VEG HAKKA NOODELS
Dal					
	STEAM RICE		DAL HYDREBADI		VEG FRIED RICE
Chapatti					
	CHAPATTI		CHAPATTI	PURI	
Dessert/Curd					
	ICE CREAM	FRUIT CUSTARD	DUDHI HALWA	SHEERA	FRUIT SALAD