



























WEEK 4

| WEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|---|---|--|---|---|
| Salad/raita |  |  |  |  |  |
| | KACHUMBER SALAD | CREAM OF MUSHROOM | INDIAN JULLIAN SALAD | P/A RAITA | INDIAN SALAD |
| Vegetable |  |  |  |  |  |
| | PANEER MAKHANI | | SOYA PALAK | RAGDA | PAV BHAJI |
| Rice |  |  |  |  |  |
| | PLAIN RICE | VEG FRIED RICE | RAJMA | VEG BIRYANI | VEG PULAV |
| Dal |  |  |  |  | |
| | DAL FRY | GARLIC BREAD | PLAIN RICE | POTATO PATTICE | |
| Chapatti |  | |  | |  |
| | CHAPATTI | | CHAPATTI | | PAV |
| Dessert/Curd |  |  |  |  |  |
| | SWEET CURD | FRUIT CUSTARD | SEVIYAN KHEER | SHAHI TUKDA | PHRNI |