

Date	Day	Vegetable	Dal	Rice	Roti	Salad	Sweet
01-Oct-23	Sunday						
02-Oct-23	Monday	HOLIDAY GANDHI JAYANTI					
03-Oct-23	Tuesday	Alu Rassa	Dal fry	Jeera rice	phulka	cucumber/tomato	
04-Oct-23	Wednesday	Bhendi Masala	Dal tadka	plain rice	phulka	Koshimbir	
05-Oct-23	Thursday	mutter paneer	plain dal	plain rice	phulka	mix kachumer	
06-Oct-23	Friday	Bhaji		Tawa pulao	pav	onion/lime	Gulabjamun
07-Oct-23	Saturday	Tomato chutney	Tadka dal	plain rice	Methi thepla	cucumber/tomato	pickle
08-Oct-23	Sunday						
09-Oct-23	Monday	Alu tondali Masala	Pancharatni dal	plain rice	phulka	Koshimbir	
10-Oct-23	Tuesday	cabbage Sabji	Kadhi pakoda	Steam rice	phulka	cucumber/tomato	
11-Oct-23	Wednesday	SHARING DAY					
12-Oct-23	Thursday	Peanut Chutney	Sambar	Idli	Masala puri		
13-Oct-23	Friday	Paneer butter masala		Veg pulao	phulka		Mohanthal
14-Oct-23	Saturday	Misal		Masala rice	Pav	onion/lime	
15-Oct-23	Sunday						
16-Oct-23	Monday	Green moong curry	Dal fry	jeera rice	phulka	mini potatowada	
17-Oct-23	Tuesday	Veg Jaipuri	plain dal	plain rice	phulka	cucumber/tomato	
18-Oct-23	Wednesday	palak paneer	tadka dal	plain rice	phulka	sprout chat	
19-Oct-23	Thursday	Green chutney	Dal fry	Jeera rice	Alu paratha		
20-Oct-23	Friday	Punjabi Chole		White pulao	Puri		Malai Barfi
21-Oct-23	Saturday	Shev bhaji	Plain dal	plain rice	phulka	cucumber/tomato	
22-Oct-23	Sunday						
23-Oct-23	Monday	Matki Usal		Butter Dal khichada	phulka	Khaman dhokla	
24-Oct-23	Tuesday	HOLIDAY DUSSEHRA					
25-Oct-23	Wednesday	Toru masala	dal fry	jeera rice	phulka	mix dal pakoda	
26-Oct-23	Thursday	plain bhendi	plain dal	plain rice	phulka	cucumber/tomato	
27-Oct-23	Friday	Dum Alu		Navratna Pulao	phulka		moongdal Halwa
28-Oct-23	Saturday	pithala	plain dal	plain rice	Bajra roti/phulka	thecha/ onion	
29-Oct-23	Sunday						
30-Oct-23	Monday	brown chana masala	Gujrathi kadhi	moongdal khichadi	phulka	papad churi	
31-Oct-23	Tuesday	veg kofta curry	Tadka dal	plain rice	phulka	cucumber/tomato	