



Ethnic Flavors

by  nutritionbloccs

Menu

Week 1: Jun 17-21	Week 2: Jun 24-28	Week 3: July 1-5
<p>Menu #1: Tuesday Rajmah Curry Mattar Paneer (NV) Rice Chapati Carrot Pudding (NV)</p> <p>Menu #2: Friday Daal Tadka Aloo Jalfrezi Rice Chapati Fresh Fruit</p>	<p>Menu #1: Tuesday Channa Masala Mixed Vegetable Rice Chapati Fresh Fruit</p> <p>Menu #2: Friday Punjabi Kadhi (NV) Methi Aloo Rice Chapati Kheer (NV)</p>	<p>Menu #1: Tuesday Hari Daal Tadka Cabbage Mattar Rice Chapati Gulab Jamun</p> <p>Menu #2: Friday Black Split Daal Makhni Paneer (NV) Rice Chapati Fresh Fruit</p>
Week 4: July 8-12	Week 5: July 15-19	Week 6: July 22-26
<p>Menu #1: Tuesday Moong Daal Aloo Paneer Jalfrezi (NV) Rice Chapati Kheer (NV)</p> <p>Menu #2: Friday Kaali Daal Tadka Soya Mattar Rice Chapati Fresh Fruit</p>	<p>Menu #1: Tuesday Ras Missi Daal Palak Aloo Rice Chapati Fresh Fruit</p> <p>Menu #2: Friday Masoor Daal Baingan Aloo Rice Chapati Gulab Jamun</p>	<p>Menu #1: Tuesday Channa Daal Saag Paneer (NV) Rice Chapati Carrot Pudding (NV)</p> <p>Menu #2: Friday Daal Tadka Beans Aloo Rice Chapati Fresh Fruit</p>
Week 7: Jul 29-Aug 2	Week 8: Aug 5-9	
<p>Menu #1: Tuesday Khatti Daal Gajjar Aloo Mattar Rice Chapati Fresh Fruit</p> <p>Menu #2: Friday Black Split Daal Soya Aloo Rice Chapati Carrot Pudding (NV)</p>	<p>Menu #1: Tuesday Lobia Curry Methi Palak Paneer (NV) Rice Chapati Fresh Fruit</p> <p>Menu #2: Friday Triguni Daal Aloo Mattar Rice Chapati Gulab Jamun</p>	<p>Every Monday @ WOCRC</p> <p>Chef's Special Menu</p>

All items are Vegan except those marked as (NV) - Not Vegan