



Ethnic Flavors

by  nutritionbloccs

Menu

Week 1: Jul 14-18	Week 2: Jul 21-25	Week 3: Jul 28-Aug 1
<p>Menu #1: Tuesday Rajmah Curry Mattar Paneer (NV) Rice Chapati Carrot Pudding (NV)</p> <p>Menu #2: Friday Urad Daal Tadka Cabbage Mattar Rice Chapati Fresh Fruit</p>	<p>Menu #1: Tuesday Masala Chhole 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 Lobia Curry Butternut Squash Rice Chapati Gulab Jamun</p> <p>Menu #2: Friday Mixed Veg Curry Kaala Channa Rice Chapati Fresh Fruit</p>
Week 4: Aug 4-8	Week 5: Aug 11-15	Week 6: Aug 18-22
<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 Carrots Rice Chapati Fresh Fruit</p>
Week 7: Aug 25-29	Week 8: Sep 1-5	
<p>Menu #1: Tuesday Khatti Daal Gajjar Aloo Mattar Rice Chapati Fresh Fruit</p> <p>Menu #2: Friday Black Split Daal Soya Mattar 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 Saag Paneer (NV) 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