

## Menu

Week 1: Feb 26-Mar 1	Week 2: Mar 4-8	Week 3: Mar 11-15
Menu #1: Tuesday	Menu #1: Tuesday	Menu #1: Tuesday
Rajmah Curry	Channa Masala	Hari Daal Tadka
Mattar Paneer (NV)	Mixed Vegetable	Cabbage Mattar
Rice	Rice	Rice
Chapati	Chapati	Chapati
Carrot Pudding (NV)	Fresh Fruit	Gulab Jamun
Menu #2: Friday	Menu #2: Friday	Menu #2: Friday
Daal Tadka	Punjabi Kadhi <mark>(NV)</mark>	Black Split Daal
Aloo Jalfrezi	Methi Aloo	Makhni Paneer (NV)
Rice	Rice	Rice
Chapati	Chapati	Chapati
Fresh Fruit	Kheer (NV)	Fresh Fruit
W 1 4 M 10 00	W 1 5 15 05 00	W 1 C A 1 F
Week 4: Mar 18-22	Week 5: Mar 25-29	Week 6: Apr 1-5
<u>Menu #1:</u> Tuesday	Menu #1: Tuesday	<u>Menu #1:</u> Tuesday
Moong Daal	Ras Missi Daal	Channa Daal
Aloo Paneer Jalfrezi (NV)	Palak Aloo	Saag Paneer (NV)
Rice	Rice	Rice
Chapati	Chapati	Chapati
Kheer (NV)	Fresh Fruit	Carrot Pudding (NV)
Menu #2: Friday	Menu #2: Friday	Menu #2: Friday
Kaali Daal Tadka	Kaale Channe	Masoor Daal
<mark>Soya Mattar</mark>	Mughlai Baingan	Masala Baingan
Rice	Rice	Rice
Chapati	Chapati	Chapati
Fresh Fruit	Gulab Jamun	Fresh Fruit
Week 7: Apr 8-12	Week 8: Apr 15-19	
Menu #1: Tuesday	Menu #1: Tuesday	
Khatti Daal	Lobia Curry	
Gajjar Aloo Mattar	Methi Palak Paneer (NV)	
Rice	Rice	Every Monday
Chapati	Chapati	@ WOCRC
Fresh Fruit	Fresh Fruit	
Menu #2: Friday	Menu #2: Friday	Chef's Special Menu
Chilke Wali Daal	Triguni Daal	
Masala Paneer (NV)	Aloo Mattar	
Rice	Rice	
Chapati	Chapati	
Carrot Pudding (NV)	Gulab Jamun	
Carrot r ddding (144)	Guiab Jailiuii	