



*Ethnic Flavors*

by  **nutritionbloccs**

## Menu

Week 1: Mar 24-28	Week 2: Mar 31-Apr 4	Week 3: Apr 7-11
<p><b>Menu #1: Tuesday</b></p> <p>Rajmah Curry Mattar Paneer (NV) Rice Chapati Carrot Pudding (NV)</p> <p><b>Menu #2: Friday</b></p> <p>Urad Daal Tadka Cabbage Mattar Rice Chapati Fresh Fruit</p>	<p><b>Menu #1: Tuesday</b></p> <p>Masala Chhole Mixed Vegetable Rice Chapati Fresh Fruit</p> <p><b>Menu #2: Friday</b></p> <p>Punjabi Kadhi (NV) Methi Aloo Rice Chapati Kheer (NV)</p>	<p><b>Menu #1: Tuesday</b></p> <p>Lobia Curry Butternut Squash Rice Chapati Gulab Jamun</p> <p><b>Menu #2: Friday</b></p> <p>Mixed Veg Curry Kaala Channa Rice Chapati Fresh Fruit</p>
Week 4: Apr 14-18	Week 5: Apr 21-25	Week 6: Apr 28-May 2
<p><b>Menu #1: Tuesday</b></p> <p>Moong Daal Aloo Paneer Jalfrezi (NV) Rice Chapati Kheer (NV)</p> <p><b>Menu #2: Friday</b></p> <p>Kaali Daal Tadka Soya Mattar Rice Chapati Fresh Fruit</p>	<p><b>Menu #1: Tuesday</b></p> <p>Ras Missi Daal Palak Aloo Rice Chapati Fresh Fruit</p> <p><b>Menu #2: Friday</b></p> <p>Masoor Daal Baingan Aloo Rice Chapati Gulab Jamun</p>	<p><b>Menu #1: Tuesday</b></p> <p>Channa Daal Saag Paneer (NV) Rice Chapati Carrot Pudding (NV)</p> <p><b>Menu #2: Friday</b></p> <p>Daal Tadka Beans Carrots Rice Chapati Fresh Fruit</p>
Week 7: May 5-9	Week 8: May 12-16	
<p><b>Menu #1: Tuesday</b></p> <p>Khatti Daal Gajjar Aloo Mattar Rice Chapati Fresh Fruit</p> <p><b>Menu #2: Friday</b></p> <p>Black Split Daal Soya Mattar Rice Chapati Carrot Pudding (NV)</p>	<p><b>Menu #1: Tuesday</b></p> <p>Lobia Curry Methi Palak Paneer (NV) Rice Chapati Fresh Fruit</p> <p><b>Menu #2: Friday</b></p> <p>Triguni Daal Saag Paneer (NV) Rice Chapati Gulab Jamun</p>	<p><b>Every Monday</b> <b>@ WOCRC</b></p> <p><b>Chef's Special Menu</b></p>

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