

DECEMBER

DABBA DAILY MENU



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MON	SAMBHAR & ALOO CAPSICUM OR CHICKEN KALI MIRCH	CHANA DAL FRY & ALOO PALAK OR PUNJABI CHICKEN CURRY	DAL PALAK & ZUCHINNI MASALA OR CHICKEN JALFREZI	RAJMA MASALA & ADRAKI LAUKI OR CHICKEN MALABARI	
TUE	CHOLE MASALA & MALAI KOFTA OR EGG BHUNA MASALA	RAJMA & ALOO GOBHI OR EGG MASALA	HARI MOONG DAL & GAJAR MATAR MUSHROOM OR COCONUT EGG CURRY	TOMATO TOOR DAL & BAIGAN BHARTA OR EGG MASALA	
WED	DAL TADKA & ZUCHINI MASALA OR CHICKEN VINDALOO	DAL MAKHNI & NAVRATAN KORMA OR CHICKEN KORMA	CHOLE & METHI ALOO OR METHI CHICKEN	MERRY CHRISTMAS	
THU	LANGAR WALI DAL & ALOO BEANS OR FISH CURRY	PANCHRATAN DAL ALOO NUTRI OR MALABAR FISH CURRY	MASOOR DAL TADKA & CABBAGE & PEAS OR FISH MASALA	GREEN DAL & PANEER BHURJI OR FISH CURRY	
FRI	PUNJABI KADHI & PALAK PANEER OR PALAK CHICKEN	MOTH DAL FRY & BUTTER PANEER OR BUTTER CHICKEN	KALE CHANNE & KADHAI PANEER OR KADHAI CHICKEN	URAD DAL & MATAR PANEER OR CHICKEN LABABDAR	

DECEMBER

DABBA DAILY MENU



	WEEK 5				
MON	LOBIA MASALA & ALOO MATAR OR CHICKEN CURRY				
TUE	DAL MASALA & VEG KEEMA OR CHICKEN CURRY				
WED					
THU					
FRI					