

NOVEMBER

DABBA DAILY MENU



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MON		SAMBHAR & CORN CAPSICUM OR CHICKEN KALI MIRCH	REMEMBRANCE DAY	CHANA DAL FRY & ALOO PALAK OR PUNJABI CHICKEN CURRY	
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	
WED		DAL TADKA & ZUCHINI MASALA OR CHICKEN VINDALOO	DAL MAKHNI & NAVRATAN KORMA OR CHICKEN KORMA	CHOLE & METHI ALOO OR METHI CHICKEN	
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	
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	

NOVEMBER

DABBA DAILY MENU



WEEK 4

MON

DAL PALAK
&
VEG JALFREZI
OR
CHICKEN
JALFREZI

TUE

TOMATO TOOR
DAL
&
BAIGAN BHARTA
OR
EGG MASALA

WED

LOBIA MASALA
&
ALOO MATAR
OR
CHICKEN CURRY

THU

GREEN DAL
&
PANEER BHURJI
OR
FISH CURRY

FRI

RAJMA MASALA
&
ADRARI LAUKI
OR
CHICKEN
MALABARI