

SAMPLE

INDIAN - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Holiday	2. Dal 6 oz./Mix beans 4 oz. Ladies finger Vegetables 4 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	3. Kadhi 6 oz/Mix beans 4 oz. ALU MOTOR SUBJI 4 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	4. Mix Dal/ Beans 1/2 cup Bharela Ringan veg 4 oz 1/2 cup salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.
7. Dal 6 oz/Dry Mug 4 oz. parvar veg 4 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	8. Sprouted Moog 4 oz. Bhaji 8 oz. Pulav 1/2 cup one roll Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	9. Kadhi 6 oz/Muth ni dal 4 oz. Karela Vegetables 4 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	10. Dal 6 oz/Mix beans 4 oz. Flower Bataka Vatana veg 4 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	11. Beans 1/2 cup seasonal vegetables 6 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/Buttermilk 8 oz. Orange/tomato Juice 4 oz.
14. Punjabi Kadhi 8 oz./ Mug 4 oz. Undhiyo vegetable 6 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	15. Sambhar 8 oz. Idly 2,Mendu vada 1 Pulav 1/2 cup salad 1/2 cup Milk/Buttermilk 8 oz. Orange/tomato Juice 4 oz.	16. Dal 6 oz. Mixed Vegetables 4 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	17. Dal Soup 8 oz/Mug ni dal 4 oz. Suran bataka veg 4 oz. Moriyo 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	18. Kadhi 4 oz. / Sprouted Beans 1/2 cup Mix dana veg/Salad 1/2 cup salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/Buttermilk 8 oz. Orange/tomato Juice 4 oz.
21. Dal 6 oz/Black Chana 4 oz. Turiya Moong dal 4 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	22. Dal fry 6 oz. Mix vegetable 4 oz./Paneer tikka masala Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	23. Dal 6 oz/ Mix Dana 4 oz. Fansi Dhokli Vegetables 4 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	24. Dal 6 oz/ Mix Dana 4 oz. Turya patra veg 4 oz. Palak mug ki dal veg 4 oz. Roti one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	25. Dal 6 oz./ Mix Dana 4 oz. Gubar Bhaji salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/Buttermilk 8 oz. Orange/tomato Juice 4 oz.
28. Dal 6 oz/ Mix Dana 4 oz. Bharela Bataka salad 1/2 cup / Rice 1/2 cup Khichdi 8 oz. Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.	29. Dal Dhokli 6 oz. Sukhi Bhaji Veg 4 oz. salad 1/2 cup / Rice 1/2 cup Roti one to two servings Milk/Buttermilk 8 oz. Orange/tomato Juice 4 oz.	30. Dal 6 oz/ Mix Kathol 4 oz. Cabbage Peas 4 oz. salad 1/2 cup / Rice 1/2 cup Nan one to two servings Milk/ Buttermilk 8 oz. Orange/tomato Juice 4 oz.		

NOTES:

Grilled cheese, peanut butter and jelly, yogurt and cottage cheese are always available as an alternate meal.

In addition to the above meal options, *Senior Care & Activity Center* tries to accommodate any special requests.

On special days, members are allowed to have extra food (e.g., ice cream, cake etc.) without considering diet restriction.

Due to different ethnic and cultural backgrounds, eating habits, and on religious days, food may be modified.

Vegetables and fruits may be replaced with each other.