

# November 2025



Mon	Tue	Wed	Thu	Fri
29	30	31	1	2
3 Dal Palak, Roti, Dal, Rice and Salad	4 Tindora Potato, Roti, Dal, Rice and Salad	5 Mug, Roti, Rice and Salad	6 Gobhi Patato, Roti, Dal, Rice and Salad	7
10 Rajma, Paratha, Rice and Salad	11 Flower Potato, Roti, Dal, Rice and Salad	12 Dudhi Chana Dal, Roti, Rice and Sambhara	13 Fansi Potato, Roti, Dal, Rice and Salad	14
17 Potato Bhindi, Roti, Dal, Rice and Salad	18 Vadi Papad, Paratha, Salad and Chaas	19 Chole Puri, Rice, Salad and Fruit Custard	20 Pav bhaji, Salad, Papad and Chaas	21
24 Potato Palak, Roti, Dal, Rice and Salad	25 Dal Dhokli, Rice and papad	26 Papdi Ringan, Roti, Dal, Rice and Salad	27 Soya Paneer Biryani, Raita Papad and Gajar Halwa	28

## Notes

This month, our menu celebrates the power of green goodness and wholesome nutrition. Packed with leafy greens, fresh vegetables, and nutrient-rich ingredients, each meal is crafted to boost energy, strengthen immunity, and keep you feeling light yet full of vitality.

