



Yoodley Doodlers' Kitchen

Healthy Home-cooked Tiffins for Kids

"Monthly Lunch Menu"

	Week 1	Week 2	Week 3	Week 4
Monday	Mattar Paneer with Paratha Or Pav Bhaaji	Hakka Noodles Or Dal Makhani with Rice	Grilled Potato Sandwich* Or Dal Tadka with rice	Rajma with rice Or Aloo Soya Mattar curry with Paratha
Tuesday	Panchratna Dal with Rice Or Navratna Korma with Paratha	Pesto Pasta* Or Kadai Paneer with Paratha	Navratna Korma with paratha or Rajma with rice	Grilled Veggie Paneer Sandwich* Or Chole with Puri
Wednesday	Chole with Puri Or Red Sauce Pasta*	Spinach, Paneer Quesadilla* Or Mixed Dal with Rice	Veg Pulao with Dal Or Aloo curry with Puri	Dal makhani with rice Or Veggie Burger
Thursday	Veg Pulao with Dal Or Grilled Potato Sandwich*	Veggie Frankie* Or Pav Bhaaji	Palak Paneer Aloo + Paratha Or Red Sauce Pasta*	Mexican Quesadilla* Or Dal Tadka with rice
Friday (Sweet dish Complimentary)	Veggie Burger Or Mexican Quesadilla*	Chatpatti Aloo Curry with puri Or Grilled veggie paneer sandwich*	Spinach, Paneer Quesadilla* Or Veg Hakka Noodles	Pesto Pasta* Or Veggie Frankie*

We use only wheat-based bread & Pasta and make all wraps using aashirvaad ata