

Date	Item
Mon 3 Feb	Indonesian gado-gado salad bowl with coconut rice
Wed 5 Feb	Palak tofu, black urad dal, ajwain parathas, salad
Fri 7 Feb	Malabar pumpkin curry, rice, black chana sundal, eggplant sambol
Mon 10 Feb	Tom Yum Soup, Rice noodle salad with garlic tahini sauce
Wed 12 Feb	Lauki Kofta curry, jeera rice, chana chaat salad, papad
Fri 14 Feb	DIY lebanese wrap - WW tortilla, hummus, zaatar spiced veggies, beet pickle, salad
Mon 17 Feb	Rajma, rice, cabbage bean matar veg, carrot cauliflower pickle
Wed 19 Feb	Mixed daal, aloo methi, brown rice, sprout salad
Fri 21 Feb	Smoked eggplant poie sandwich, pesto potato salad, BBQ chickpeas
Mon 24 Feb	Moroccan Tagine, foxtail millet, beet salad, cookie
Wed 26 Feb	Tofu and zucchini Katsu curry, rice, spicy asian cucumber salad
Fri 28 Feb	Veggies in tomato sauce, mashed potato, garlic steamed beans, buckwheat salad