

# May Tiffin Menu



## **Fri 1 May**

Indonesian gado-gado salad bowl with coconut rice

## **Mon 4 May**

Sambhar, chawal, pumpkin thoran, papad

## **Wed 6 May**

Moroccan tagine, poie, roasted veg, lentil salad

## **Fri 8 May**

Chana tikka masala, onion peas pulao, mixed veg, salad

## **Mon 11 May**

Asian noodle bowl with stir fried veggies, grilled tofu, sticky sesame sauce

## **Wed 13 May**

DIY Mexican veggie wraps with wholewheat tortilla

## **Fri 15 May**

Green watana Goan ros, rice, baingan masala, salad

## **Mon 18 May**

Yellow Thai curry, rice, tofu Thai basil, raw mango salad

## **Wed 20 May**

Dal makhani, moringa parathas, green chutney, aloo chaat salad

## **Fri 22 May**

Veg lentil patties with a herb dip, brown rice salad, chilled tomato basil soup

## **Mon 25 May**

Kadhi pakoda, gatte ka pulao, long beans sabzi, sprout salad

## **Wed 27 May**

Basil and spinach risotto, bbq smoked tofu, stirfried veggies, salad

## **Fri 29 May**

Falafels, green hummus, grilled beans and peppers, millet tabouleh