

March Tiffin Menu



Mon 2 Mar

Palak kadhi, gatte ka pulao, tomato garlic chutney, fresh toor salad

Wed 4 Mar

Sticky sesame chickpeas, rice, stir fried veggies, sprout salad

Fri 6 Mar

Spaghetti meatballs, salad with black eyed peas, mixed fruit muffin

Mon 9 Mar

Malabar pumpkin curry, rice, black chana Sundal, kosambari salad

Wed 11 Mar

Burrito bowl - tofu sofritas, cilantro rice, refried beans, salsa, steamed corn

Fri 13 Mar

Black urad dal, aloo matar parathas, green chutney, salad

Mon 16 Mar

Pineapple peanut thai curry, millet stirfry, thai basil tofu, kimchi salad

Wed 18 Mar

Moroccan harira soup, poie, sweet potato salad, zhug

Fri 20 Mar

Podi mini uttapams, sambar, beetroot chutney, grated carrot salad

Mon 23 Mar

Tofu Shakshuka, brown rice, grilled eggplant, chopped salad with zaatar

Wed 25 Mar

Chana tikka masala, onion pulao, mixed veg, salad

Fri 27 Mar

Veggies in creamy white sauce, herbed millet, bbq chickpeas, salad

Mon 30 Mar

Sindhi kadhi, rice, aloo tuk, green moong salad