



November Tiffin Menu

Mon 3 Nov

Old school Mac & cheese, stirfried veggies, italian salad with black eyed peas

Wed 5 Nov

Bisibele bath, lauki raita, inji puli, papad

Thurs 6 Nov

Carrot+tomato soup, brown rice salad, roasted sweet potato, tahini chickpeas

Mon 10 Nov

Pumpkin and sage risotto, grilled french beans, bbq tofu, lentil salad

Wed 12 Nov

Sindhi kadhi, rice, aloo tuk, green moong salad

Fri 14 Nov

Burrito bowl - grilled veggies, cilantro lime rice, refried beans, salsa, sour cream

Mon 17 Nov

Gatte ki sabzi, methi parathas, black chana salad, kheer

Wed 19 Nov

Jamaican rice and beans, cauliflower in adobo sauce, pineapple chili salsa, salad

Fri 21 Nov

Dal Makhani, peas pulao, tofu paalak, salad

Mon 24 Nov

Tomyum noodles with Thai basil tofu, somtam salad

Wed 26 Nov

Beet hummus, poie, millet tabouleh, carrot pickle, roast veggies

Fri 28 Nov

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