

R.C.F Tiffin Services - Weekly Menu

Lunch

Day	Menu
Sunday	Veg Biryani, Raita, Tamato, Chatni, Green Chitni, Salad, Achar
Monday	Rice, Butter Chapati, Mix Veg, Dal, Salad
Tuesday	Rice, Butter Chapati, Amritsari Chole, Salad, Achar
Wednesday	Rice, Butter Chapati, Aloo Do Pyaza, Dal Tadka, Salad
Thursday	Rice, Butter Chapati, Veg Kofta, Salad, Achar
Friday	Rice, Butter Chapati, Matter Paneer, Salad, Achar
Saturday	Rice, Butter Chapati, Kadi Pakoda, Aloo Jeera, Salad, Achar

Dinner

Day	Menu
Sunday	Rice, Butter Chapati, Kadai Paneer/Paneer Do Pyaza/Matter Paneer
Monday	Rice, Butter Chapati, Aloo Matter Masala/ Dal Fry
Tuesday	Aloo Sabji, Poori, Kheer
Wednesday	Rice, Butter Chapati, Tawa Gravy Chaap, Salad
Thursday	Rice, Butter Chapati, Seasonal Sabji, Mix Dal, Salad
Friday	Rice, Butter Chapati, Rajma, Salad, Achar
Saturday	Rice, Butter Chapati, Seasonal Sabji, Dal, Salad