

classic night plan							
sl no	day	STEAPLE	BHAJA AND SEDDHO- BATA		DAAL	JHOL	AACHAR
1	Mon	roti	alu bhaja		chola	dimer dalna	aachar 2
2	Tue	rice		posto bata	matar	lotte chocchori	aachar 1
3	Wed	roti	loti bhaja		arhar	echor er dalna	aachar 2
4	Thur	rice		bhindi seddho	rajma	dimer lal jhol	aachar 1
5	Fri	roti		tometo pora	bewli	kachkolar kofta	aachar 2
6	Sat	rice		kakrol seddho	masoor	paneer alur jhol	aachar 1
7	Sun	roti		ool makha	moong	chicken chap	aachar 2
8	Mon	rice		potol seddho	chola	dim alur jhol	aachar 1
9	Tue	roti	kakrol bhaja		matar	kucho chingri	aachar 2
10	Wed	rice		ghee	arhar	potol alur jhol	aachar 1
11	Thur	roti	potol bhaja		rajma	egg mashala gravy	aachar 2
12	Fri	rice		badam bata	bewli	sorse begun	aachar 1
13	Sat	roti	pianj bora		masoor	chilli paneer	aachar 2
14	Sun	rice		dhonepata bata	moong	murgir lal jhol	aachar 1
15	Mon	roti	chalkumro bhaja.		chola	goan egg curry	aachar 2
16	Tue	rice		kachkola khosa bata	matar	bata macher jhol	aachar 1
17	Wed	roti	kombro bhaja		arhar	chilie e soybean	aachar 2
18	Thur	rice		potol bata	rajma	omlette curry	aachar 1
19	Fri	roti	begun bhaja		bewli	achari kumbro	aachar 2
20	Sat	rice		jhinger khosa bata	masoor	mouri paneer	aachar 1
21	Sun	roti	bhindi bhaja		moong	chicken korma	aachar 2
22	Mon	rice		thankuni pata bata	chola	punjabi egg curry	aachar 1
23	Tue	roti	alu bharta		matar	katla kalia	aachar 2
24	Wed	rice		aluseddho	arhar	dhokar dalna	aachar 1
25	Thur	roti		gati kochu pora	rajma	dim kosha	aachar 2
26	Fri	rice		sorse bata	bewli	sukto	aachar 1
27	Sat	roti		begun pora	masoor	navratna curry	aachar 2
28	Sun	rice		pepe seddho	moong	chicken kosha	aachar 1