

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Chicken Karahi with Roti	Potato Rice, Shami and Raita	Karhi Pakora with Roti	Baingan Aloo with Roti	Chicken Pulao Raita Salad
WEEK 2	Chicken Nehari with Roti	Massar And Boiled Rice	Aloo Palak with Roti	Daal Chana with Kadu and Roti	Chicken Manchurian And Egg Fried Rice
WEEK 3	Chicken Haleem with Roti	Chana Pulao Shami Kebab Raita	Gobu Aloo with Roti	Daal Mash with Roti	Chicken Biryani with Raita Salad
WEEK 4	Keema Aloo with Roti	Daal with Tarka Rice and Salad, Raita	Bhindi with Roti	Aloo Bhujia with Roti	Chicken Achari with Roti