



Bengali Menu | Standard Meals | Week 1 | November 1-7 & 29-30

NOVEMBER 1 & 29	NOVEMBER 2 & 30	NOVEMBER 3	NOVEMBER 4	NOVEMBER 5	NOVEMBER 6	NOVEMBER 7
BREAKFAST						
Lubia Curry	Dal Palak	Chole Kulcha Masala	Dalma Masala	Dal palak	Aloo Mutter	Black Chana Masala
Paratha	Paratha	Paratha	Paratha	Paratha	Paratha	Paratha
Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk
LUNCH						
Fish Fry	Dim Er Aloo Torkari	Masala Chicken	Chola Dia Lal Saag	Chicken Biryani	Aloo Chicken Curry	Palong Saag Aloo
OR						
Bandhakopi Macher Matha Diye Ghonto	Lau Chana Er Torkari	Cabbage Motoe Er Tokari	Cabbage Aloo Torkari	Vegetable Pulao	Aloo Begun er Sabzi	
Masoor Dal Fry	Cholar Dal Fry	Mixed Dal fry	Masoor Dal Fry	Dal Fry	Toor Dal Fry	Kalo Dal Fry
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Raita	Steamed Rice	Steamed Rice
Hath Roti	Hath Roti	Hath Roti	Hath Roti	Papad	Hath Roti	Hath Roti
DINNER						
Mutton Keema Chole Er Torkari	Chicken Koliya Bhuna	Fish Aloo Torkari	Gorur Mangsho Kosha	Dim Kosha	Chicken Sausage er Torkari	Beef Aloo Masala
Or						
Gobi Mater Sabji	Misthi Kumro Er Torkari	Aloo Begun kalo Chana Diye Torkari	Aloo Chokha	Mixed Vegetable Torkari	Aloo Chichinga Torkari	Mixed Veg Torkari
Green Moong Dal	Masoor Dal	Macher Mathar Dal	Toor Dal Fry	Mixed Dal fry	Chana Dhal Fry	Bengla Dhal
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Hath Roti	Hath Roti	Hath Roti	Hath Roti	Hath Roti	Hath Roti	Hath Roti
Achar	Achar	Achar	Hath Roti	Achar	Achar	Achar



Bengali Menu | Standard Meals | Week 2 | November 8-14

NOVEMBER 8	NOVEMBER 9	NOVEMBER 10	NOVEMBER 11	NOVEMBER 12	NOVEMBER 13	NOVEMBER 14
BREAKFAST						
Green Whole Moong Bhaji	Chole Masala	Rajma Masala	Kala Chana Masala	Pindi Chole	Lobia Masala	Chana Dal Palak
Paratha	Paratha	Paratha	Paratha	Paratha	Paratha	Paratha
Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk
LUNCH						
Aloo Karela Bhaji	Morgi er Mangsho Jhol	Mutton Keema Bhuna	Mach Bhaja	Chicken Alu Biryani	Chicken Aloo Kosha	Alu Dim Curry
Or						
	Aloo Beiguan	Beans Alu Bhaja	Patta Gobi Motorshuti Bhaji	Vegetable Pulao	Palong Saag Aloo	Bhapa Aloo
Cholar Dal Fry	Masoor Dal Fry	Kalo Dal Fry	Toor Dal Fry	Mixed Dal fry	Masoor Dal Fry	Mixed Dal fry
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Raita/Papad	Steamed Rice	Steamed Rice
Hath Roti	Hath Roti	Hath Roti	Hath Roti	Semiya Paysam	Hath Roti	Hath Roti
DINNER						
Egg Aloo Curry	Palag Saag	Tilapia Macha Alo Kofi Jhol	Goru Bhuna	Lauki Chana Curry	Sausage Curry	Chicken Mughlai
Or						
Lal Saag Bhaji		Alu Paper Tarkari	Aloo Dum		Aloo Chokha	Bhindi Aloo Torkari
Bengla Dhal	Chana Dhal Fry	Macher Mathar Dal	Masoor Dal Fry	Bengla Dhal	Cholar Dal	Masoor Dal Fry
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Hath Roti	Hath Roti	Hath Roti	Hath Roti	Hath Roti	Hath Roti	Hath Roti
Achar	Achar	Achar	Achar	Achar	Achar	Achar
				Semiya Kheer		



Bengali Menu | Standard Meals | Week 4 | November 22-28

NOVEMBER 22	NOVEMBER 23	NOVEMBER 24	NOVEMBER 25	NOVEMBER 26	NOVEMBER 27	NOVEMBER 28
BREAKFAST						
Dal Masala	Aloo Rajma	Lobia Masala	Chana Dhal Palak	Potato Bhaji	Green Whole Moong Bhaji	Aloo Matar
Paratha	Paratha	Paratha	Paratha	Paratha	Paratha	Paratha
Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk
LUNCH						
Alu Dim Curry	Aloo Karela Bhaji	Kosha Murgir Mangsho	Palong Saag	Chicken Alu Biryani	Tilapia Maach Bhaja	Goru Alu Mangshor Jhol
Or						
Mishti Kumro Bhaja		Beans Alu Bhaja		Vegetable Pulao	Palong Saag Aloo	Patta Gobi Motorshuti Bhaji
Cholar Dal Fry	Masoor Dal Fry	Kalo Dal Fry	Toor Dal Fry	Mixed Dal fry	Masoor Dal Fry	Mixed Dal fry
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Raita/Papad	Steamed Rice	Steamed Rice
Hath Roti	Hath Roti	Hath Roti	Hath Roti	Semolina Kheer	Hath Roti	Hath Roti
DINNER						
Motorshuti Palong	Dim Kosha	Tilapia Macha Alo Kofi Jhol	Goru Bhuna	Vegetable Chorchori	Murgir Mangsho Kodha	Tilapia Macher Jhol
Or						
	Kumror Chokka	Lal Saag Bhaji	Aloo Begun'er Chorchori		Aloo Chokha	Aloo Phool Kofi Sabzi
Bengla Dhal	Chana Dhal Fry	Macher Mathar Dal	Masoor Dal Fry	Bengla Dhal	Cholar Dal	Masoor Dal Fry
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Hath Roti	Hath Roti	Hath Roti	Hath Roti	Hath Roti	Hath Roti	Hath Roti
Achar	Achar	Achar	Achar	Achar	Achar	Achar
				Semiya Kheer		