

December'24 Menu

Date	Menu	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
1	Sunday					
2	Tawa Pulav + Kadhi + Fryums	606	11.4	9.2	4	254
3	(Whole Wheat) Pav Bhaji + Onion Salad	660	11.2	14.2	4	190
4	Mix Veg Idli + Sambar + Chutney	580	15.6	10.6	4.2	224
5	Manchurian + Fried Rice	614	10.7	17.2	3.9	211
6	Roti + Methi Muttar Subji + Shira	615	10.4	12.1	5.2	266
7	Hakka Noodles + Soup	620	12.4	11.6	5.8	352
8	Sunday					
9	Mexican Rice + Curry	616	12.6	9.2	4	254
10	Chhole + Paratha + Onion	620	12.3	15.8	3.6	198
11	Uttapam + Sambar + Chutney	580	15.6	10.6	4.2	224
12	Palak Dal + Rice + Muffin	585	10.4	11.8	3.6	138
13	Roti + Palak Paneer + Salad	670	12.6	19.6	4	380
14	Daabeli + Chutney	570	10.4	11.8	3.6	138
15	Sunday					
16	Biryani + Raita + Sweet Bundi	636	12.9	11	4.2	273
17	Sev Usal + Whole Wheat Buns + Chutney	620	12.1	15.4	6	260
18	Idli + Sambar	580	15.6	10.6	4.2	224
19	Rajma Rice + Buttermilk	590	13.2	11.8	3.6	138
20	Roti + Mix Veg + Salad	587	9.1	10.4	4.1	266
21	Pizza Roll + Hot Sauce	566	11.2	14.2	4.6	152
22	Sunday					
23	Masala Khichadi + Kadhi + Papad	606	11.4	9.2	4	254
24	Roti + Kofta Curry + Salad	640	10.8	15.5	1.8	190
25	Holiday					
26	White Pulao + Saalan	594	10.4	9.8	4.2	254
27	Puna Missal + Buns + Onion + Garlic Chutney	620	12.1	15.4	6	260
28	4th Saturday					
29	Sunday					
30	Gujarati Dal Rice + Fulwadi	585	10.4	11.8	3.6	138
31	Red Sauce Veggie Pasta	576	11.6	9.6	5.4	160

Recipe of the Month

Chocolate Chia Pudding

- 1/4 cup cacao powder or unsweetened cocoa powder
- 3-5 Tbsp khajoor/dates puree
- 1/2 tsp ground cinnamon (*optional*)
- 1 pinch salt
- 1/2 tsp vanilla extract
- 1 ½ cup milk/coconut milk
- 1/2 cup chia seeds

Instructions

B? To a small mixing bowl add cacao powder (sift first to reduce clumps), dates puree, ground cinnamon, salt, and vanilla and whisk to combine. Then add a little milk at a time and whisk until a paste forms. Then add remaining milk and whisk until smooth.

C? Add chia seeds and whisk once more to combine. Then cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra whisk/stir once it has been in the refrigerator for 30-45 minutes.

D? Leftovers keep covered in the fridge for 4-5 days, though best when fresh. Serve chilled with desired toppings, such as fruits like strawberries, blueberries, mango, banana, etc or even granola