

August'25 menu

Date	Menu	Energy	Protein	Fat	Iron	Calcium
		(kcal)	(g)	(g)	(mg)	(mg)
1	Roti + Amritsari Chhole + salad	596	12.3	10.8	3.6	198
2	(Whole wheat) Daabeli + Tamarind Chutney	585	10.4	11.8	3.6	132
3	Sunday					
4	White Pulao + Dal Maharani + Muffin	600	12.4	13	3.6	138
5	(Whole wheat) Pav + Bhaji + Onion salad	660	11.2	14.2	4	190
6	Idli + Sambar + Chutney	580	15.6	10.6	4.2	224
7	Panchratna dal + Jeera Rice + Fryums	607	12.1	13.4	4.1	260
8	Roti + Muttar Corn Paneer Subzi	628	12.6	11.9	4	280
9	Holiday					
10	Sunday					
11	Mix Veg Tawa Pulao + Raita + Fryums	606	11.4	9.2	4	254
12	Roti + Aloo Muttar Subji + Corn salad	620	12.3	15.8	3.6	198
13	Mix Veg Uttapam + Sambar + Chutney	580	15.6	10.6	4.2	224
14	Rajma + Jeera Rice + Buttermilk	584	12.4	11.8	3.6	270
15	Holiday					
16	Holiday					
17	Sunday					
18	Paratha + Mix Veg Subzi	617	10.8	13.2	5.2	266
19	Sprouts Usal + (whole wheat) buns + Chavanu & Tari	620	12.1	15.4	6	260
20	Mix veg idli + Sambar + Chutney	580	15.6	10.6	4.2	224
21	Dal tadka + Jeera rice + Aloo Wada & Chutney	607	12.1	13.4	4.1	260
22	Roti + Chana Masala + Shira	622	12.3	15.5	3	180
23	4th Saturday					
24	Sunday					
25	Mexican rice + Soup	606	11.9	9.2	4	254
26	Spinach & Beetroot Idli + Sambar + Chutney	580	15.6	10.6	4.2	224
27	Holiday					
28	Dal Makhani + Jeera Rice + Kopra Modak	584	12.4	11.8	3.6	138
29	Roti + Punjabi Mix Veg Subzi + Pickle	615	10.4	12.1	5.2	266
30	Idada chutney + Sev Khamni	585	10.4	11.8	3.6	138
31	Sunday					

Note: any last moment changes in the menu are subject to seasonal availability of fresh ingredients

Recipe of the month

Jowar chilla/pudla

- 2 cup jowar flour
- ½ cup rava
- Salt to taste
- 3.5 cup water or as required
- 1 tbsp oil
- ½ tsp mustard seeds
- 1 tsp cumin seeds
- Pinch of hing
- 2-3 chopped green chilli
- ½ cup chopped onion
- ½ cup chopped capsicum
- ½ cup chopped tomatoes
- ¼ cup grated carrot
- Pinch of salt
- 1 tsp red chilli flakes - optional
- Some coriander leaves
- Oil for roasting pudla - chilla

Method:

- In a mixing bowl, add 2 cups jowar flour, ½ cup rava, and salt to taste. Mix well.
- Add 3 cups water (or as required) and make a medium-thick, ribbon-like pouring consistency batter.
- Cover and rest the batter for 10–15 minutes. Keep it aside.
- Meanwhile, in a pan, add 1 tbsp oil, ½ tsp mustard seeds, 1 tsp cumin seeds, a pinch of hing, and 2–3 chopped green chillies. Sauté it.
- Then add ½ cup chopped onion, ½ cup chopped capsicum, ½ cup chopped tomatoes, ¼ cup grated carrot, a pinch of salt, and 1 tsp red chilli flakes. Sauté on high flame for 2 minutes.
- Switch off the gas and let the tempering cool down.
- Now that the chilla batter is properly set, add the tempering to it. Mix well.
- Then gradually add ½ cup water and make a thin, pouring consistency batter
- Heat a pan on high flame and grease it with oil.
- When the pan is super hot, lower the gas flame and pour the batter.
- Keep the flame on low-medium and cook the chilla until it turns crisp.
- Now flip it over and roast until it turns golden brown and crisp.
- Enjoy the jowar chilla with raw mango chutney or your favorite dip.