

Sample Menu

Monday

Lunch: Daal, neem begun, lau macher matha diye, fish

Dinner: Daal, vendi alur tarkari/Kumro Bhaja, fish/milk

Tuesday

Lunch: Daal, ucche kumro vaja, penpe ghose bora diye, fish

Dinner: Daal, alu patoler dalna/Bins bhaja, fish/milk

Wednesday

Lunch: Daal, ucche alu vate, chichinge patol posto, fish/chkn

Dinner: Daal, bandha kopir tarkari/Chichege bhaja, fish/milk

Thursday

Lunch: Daal, neem begun, dahi patol, fish/egg

Dinner: Daal, penpe alur dalna/Begun bhaja, fish/milk

Friday

Lunch: Daal, uccher tarkari, mocha daler bara ghanta, fish

Dinner: Daal, panch mishali tarkari/Bins-Seem bhaja, fish/milk

Saturday

Lunch: Daal, panpor vaja, dahi begun, vendir jhal, chatni

Dinner: Tarka, alur dam, Begun bhaja/milk

Sunday

Lunch: Daal, ucche alu vaja, lau niramish, fish/chkn

Dinner: Daal, Vegetable Kofta/Kumro bati, fish/milk

