

DuPage Senior Citizens Council NUTRITION DEPARTMENT-MEALS ON WHEELS Providing Meals and More... 620-949-6750



ASIAN INDIAN MENU JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Meals Include a Beverage (*) Substitutions for Diabetic		ALL LOCATIONS CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	Spinach Corn Raima (Kidney Bean) Yellow Rice Naan Yogurt Fruit 2	Navratan Kurrma Corn Tikki Biryani Paratha Yogurt Fruit 3
Green Beans Curry Yellow Moongdal White Rice Rotis Yogurt Fruit 6	Mutter Paneer Tadka Dal Jeera Rice Paratha Yogurt Fruit 7	1 Bhindi Masala Moong Yellow Rice Poories Yogurt Fruit 8	Fruit 2 Chole Rajma White Rice Gobi Paratha Yogurt Fruit 9	Fruit3Baingan BhartaPunchranga DalWhite RiceRotisYogurtFruit10
Fried Rice	Aloo Methi	Bagara Baignan	Paneer Lebadedar	Potato with Gravy
Manchurian	Dal Makhani	Dal Palak	Yellow Moongdal	Tadka Dal
Soup	Paratha	Roti	Jeera Rice	Tamarind Rice
Spring Rolls	Jeera Rice	Rice	Paratha	Methi Paratha
Raita	Yogurt	Yogurt	Yogurt	Yogurt
Fruit 13	Fruit 14	Fruit 15	Fruit 16	Fruit 17
ALL LOCATIONS	Kadhai Paneer	Samosa	Undhiyu	Methi Mutter Malai
CLOSED IN	Tadka Dal	Ragda	Moong	Baked Potato
OBSERVANCE OF	Jeera Rice	Muthiya	Rice	Yellow Rice
MARTIN LUTHER KING	Naan	Pav	Rotis	Paratha
DAY	Yogurt	Yogurt	Yogurt	Yogurt
20	Fruit 21	Fruit 22	Fruit 23	Fruit 24
Potato Curry	Paneer Makhani	Mixed Vegetable	Spinach Corn	Navratan Kurrma
Tadka Dal	Dal Makhani	Moong	Raima (Kidney Bean)	Corn Tikki
White Rice	Jeera Rice	White Rice	Yellow Rice	Biryani
Paratha	Rotis	Rotis	Naan	Paratha
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
Fruit 27	Fruit 28	Fruit 29	Fruit 30	Fruit 31

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE

~PLEASE CALL (630) 812-6750, BEFORE 9:00 AM, IF YOU NEED TO CANCEL YOUR DELIVERY~