



OCTOBER 2018 MENU (JAIN LEARNERS)

Date	Day	JAIN SNACKS
01.10.18	Monday	MASHED VEG PARATHA WITH CURD
03.10.18	Wednesday	WHITE DHOKLA WITH COCONUT CHUTNY
04.10.18	Thursday	JAIN PAV BHAJI
05.10.18	Friday	BHAJI STUFF BREAD PAKODA WITH KHAJUR CHUTNY
08.10.18	Monday	VEG IDLY WITH CHUTNY
09.10.18	Tuesday	MUNG DAL KHICHDI WITH KADHI
10.10.18	Wednesday	PUMPKIN AND TOMATO SOUPY PASTA
11.10.18	Thursday	FRUIT CHAT
12.10.18	Friday	VEG CUTLETS WITH GUR SAUF CHUTNY
15.10.18	Monday	BUTTER JAM SANDWICH WITH BANANA
16.10.18	Tuesday	MIX DAL DOSA WITH CHUTNY
17.10.18	Wednesday	JALEBI FAFDA
19.10.18	Friday	AJWAIN POORI WITH SHREEKHAND
22.10.18	Monday	MINI VEG UTTAPA
23.10.18	Tuesday	VEG DALIA KHICHADI WITH CURD
24.10.18	Wednesday	DILL LEAVES AND PUMPKIN PARATHA WITH HONEY
25.10.18	Thursday	VEG VERMICILLY UPMA
26.10.18	Friday	VEG PUNUGULLU WITH COCONUT CHUTNY
29.10.18	Monday	VEG FRIED RICE WITH TANGY SOYA KEEMA
30.10.18	Tuesday	YELLOW DHOKLA WITH KHAJUR CHUTNY
31.10.18	Wednesday	SPROUTS HAKKA NOODLES