



Indian Fusion Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Masala Eggs w/ Toasted Bread	Chilli Chicken Noodles w/ Veggies	Goan Fish Curry w/ Aloo	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
Tuesday	Stuffed Dosa w/ Spinach, Mushroom & Tomato Chutney Sauce	Coconut Chana Stew w/ Quinoa	Chicken Mughali w/ Rajma Salad	Raspberry Vanilla Cake	Apple, Ginger, Lemon & Celery
Wednesday	Crispy Chickpea Salad w/ Feta Cheese & Raspberry Vinaigrette Dressing	Curry Salmon w/ Couscous Salad	Schezwan Egg Fried Rice	Nutty Carrot Cake	Lemon, Cucumber & Mint Infused Water
Thursday	Tropical Overnight Oats w/ Almonds	Grilled Fish w/ Pita Bread & Mint sauce	Mandi Chicken w/ Saffron Rice & Tomato Sauce	Chocolate Marble Cake	Orange, Lemon, Ginger & Mint
Friday	Palak Moong Daal Chilla w/ Yogurt	Kofta & Tahini Bake w/ Aloo	Lentil Casserole w/ Quinoa & Cheese	Chocolate Banana Muffin	Watermelon Mint Juice
Saturday	Egg Bhurji w/ Toasted Bread	Masala Shrimp w/ Mashed Potatoes	Methi chicken w/ Roti & Yogurt Sauce	Protein Energy Balls	Orange, Carrot & Ginger
Sunday	Chicken Tikka Sandwich	Tandoori King Fish w/ Rice & Ginger Garlic Sauce	Mutton Rogan Josh w/ Noodles	Chocolate Swiss Roll	Pineapple, Apple, Lemon & Mint