



# Indian Fusion Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Monday</b>	Rose Gulkhand Overnight Oats w/ Banana & Walnut	Methi Masala Fish w/ Saffron Rice & Raisins	Chicken Tadka & Cumin Carrot Salad w/ Quinoa	Chocolate Brownie	Beets, Carrots, Lemon, Ginger, Apple
<b>Tuesday</b>	Egg Bhurji w/ Sliced Potatoes	Malai Kofta w/ Roti	Chicken Keema w/ Bombay Sweet Potatoes & Tahini Sauce	Lemon Blueberry Muffin	Green apple, Cucumber, Spinach, Celery, Ginger
<b>Wednesday</b>	Steamed Idlis w/ Sambhar	Egg Curry w/ Jeera Rice	Salmon Tikka w/ Brown Lentil Salad	Raisin Orange Cake	Cucumber, Lemon, Apple
<b>Thursday</b>	Masala Corriander Egg Sandwich w/ Pesto Sauce	Tandoori Grilled Fish w/ Couscous & Gravy	Chicken Bhuna Masala w/ Sliced Potatoes	Chocolate Chip Chocolate Cake	Carrot, Orange, Ginger, Lemon & Turmeric
<b>Friday</b>	Stuffed Dosa w/ Tomato Chutney	Dahi Mutton w/ Roti	Chana Daal w/ Methi Pulao	Apple & Berry Muffin	Watermelon & Apple Juice
<b>Saturday</b>	Steamed Idlis w/ Sambhar	Shrimp Pasanda w/ Aloo Gobi	Chicken & Rajma Frankie	Carrot Cake	Orange, Carrot & Ginger
<b>Sunday</b>	Breakfast Moong Bhel w/ Yogurt Sauce	Hamour Tikka Masala w/ Corn Salad	Chicken Biryani w/ Cucumber Carrot Raita	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery