

Tiffin Menu

week 1

13-Feb, 06-Mar, 27-Mar, 17-Apr, 08-May, 29-May,
19-Jun, 10-Jul, 31-Jul, 21-Aug, 11-Sep, 02-Oct, 23-Oct

• MON •

Tindola-Potato
Gujarati Daal
Rice & Methi Thepla

• TUE •

Sweetcorn Patra
Gujarati Kadhi
Rice & Rotli

• WED •

Cabbage-Potato
Moong Daal
Rice & Rotli

• THU •

Stuffed Aubergine-Potato
Gujarati Kadhi
Khichdi & Bajra Rotlo

• FRI •

Cauliflower-Peas
Kala Chana Daal
Rice & Puri

• SAT •

Mutter Paneer
Gujarati Daal
Rice & Paratha
Sweet

• SUN •

Daal-Palak
Gujarati Kadhi
Veg Pulao & Rotli

Get an additional Salad, Sweet, or Snack
starting from just 50p

Jain / No Onion-Garlic tiffin also
available, contact us for customization.

FOR ALLERGEN INFORMATION

Check the list on the back of this menu.

Disclaimer: All items subject to availability, menu may change some days.

PRADIP
• SWEETS & SAVOURIES •

152, Kenton Road, Harrow HA3 8AZ
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Tiffin Menu

week 2 20-Feb, 13-Mar, 03-Apr, 24-Apr, 15-May, 05-Jun, 26-Jun,
17-Jul, 08-Aug, 28-Aug, 18-Sep, 09-Oct, 30-Oct

• **MON** •

Rajasthani Aaloo
Gujarati Daal
Rice & Rotli

• **TUE** •

Cabbage-Tuver Lilava
Mix Beans
Rice & Rotli

• **WED** •

Guvar
Moong Daal
Rice & Rotli

• **THU** •

Veg Jalfrezi
Gujarati Kadhi
Rice & Jeera Paratha

• **FRI** •

Undhiyu
Gujarati Daal
Rice & Puri

• **SAT** •

Paneer Butter Masala
Whole Udad Daal
Jeera Rice & Jeera Paratha
Sweet

• **SUN** •

Chana Masala (Chhole)
Gujarati Kadhi
Veg Pulao & Batura

Get an additional Salad, Sweet, or Snack
starting from just 50p

Jain / No Onion-Garlic tiffin also
available, contact us for customization.

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Tiffin Menu

week 3

06-Feb, 27-Feb, 20-Mar, 10-Apr, 01-May, 22-May,
12-Jun, 03-Jul, 24-Jul, 14-Aug, 04-Sep, 25-Sep, 16-Nov

• MON •

Bhindi-Potato-Capsicum
Gujarati Daal
Rice & Rotli

• TUE •

Turiya-Patra
Gujarati Kadhi
Rice & Rotli

• WED •

Cauliflower-Peas
Moong Daal
Rice & Methi Thepla

• THU •

Peas-Aubergine-Potato
Gujarati Kadhi
Khichdi & Rotli

• FRI •

Sweetcorn-Rajma
Gujarati Daal
Rice & Rotli

• SAT •

Paalak-Paneer
Gujarati Kadhi
Rice & Jeera Paratha
Sweet

• SUN •

Veg Kofta
Panchratna Daal
Jeera Rice & Rotli

Get an additional Salad, Sweet, or Snack
starting from just 50p

Jain / No Onion-Garlic tiffin also
available, contact us for customization.

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ITEMS AND THEIR ALLERGEN CONTENTS:

Item List 	Onion / Garlic	Jain	Gluten	Milk	Mustard	Nuts	Peanuts	Sesame seeds
Aubergine-Potato					Y			
Bajra Rotlo		Y	Y					
Bhatura			Y	Y				
Bhindi-Potato-Capsicum					Y			
Cabbage-Potato					Y			
Cabbage-Tuver Lilava		Y			Y			
Carrot Halwo				Y		Y		
Cauliflower-Peas		Y			Y			
Churma Ladoo		Y		Y		Y		
Daal Fry	Y				Y			
Daal-Paalak	Y				Y			
Gujarati Daal		Y			Y			
Gujarati Kadhi		Y		Y	Y			
Gulab Jamun		Y		Y		Y		
Guvar		Y			Y			Y
Jalebi		Y				Y		
Jeera Paratha		Y	Y					
Jeera Rice		Y						
Chana Masala (Chhole)	Y							
Kala Chana Daal		Y						
Khichdi		Y						
Methi Thepla		Y	Y	Y				Y
Mohanthaal		Y		Y		Y		
Moong Daal	Y				Y			
Motichur Ladoo		Y				Y		
Mutter Paneer	Y			Y				
Paalak-Paneer	Y			Y				
Panchratna Daal	Y				Y			
Paneer Butter Masala	Y			Y				
Peas-Aubergine-Potato					Y			
Puri		Y	Y					
Rajasthani Aaloo					Y			
Rasmalai		Y		Y		Y		
Rice		Y						
Rotli		Y	Y					
Shrikhand		Y		Y		Y		
Stuffed Aubergine-Potato					Y		Y	
Sweetcorn Patra		Y		Y	Y			
Sweetcorn-Rajma Shaak		Y		Y	Y			
Tindola-Potato					Y			
Turiya Patra		Y			Y			
Whole Udad Daal	Y							
Undhiyu			Y		Y			
Veg Jalfrezi	Y			Y				
Veg Kofta	Y			Y				
Veg Pulao	Y							