



DuPage Senior Citizens Council

Providing Meals and More...

NUTRITION DEPARTMENT-MEALS ON WHEELS

630-812-6750

ASIAN INDIAN MENU

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Green Beans Curry Yellow Moongdal White Rice Rotis Yogurt Fruit 3	Mutter Paneer Tadka Dal Jeera Rice Paratha Yogurt Fruit 4	Bhindi Masala Moong Yellow Rice Poories Yogurt Fruit 5	Chole Rajma White Rice Gobi Paratha Yogurt Fruit 6	Baingan Bharta Punchranga Dal White Rice Rotis Yogurt Fruit 7
Fried Rice Manchurian Soup Spring Rolls Raita Fruit 10	Aloo Methi Dal Makhani Paratha Jeera Rice Yogurt Fruit 11	Bagara Baignan Dal Palak Roti Rice Yogurt Fruit 12	Paneer Lebadedar Yellow Moongdal Jeera Rice Paratha Yogurt Fruit 13	Potato with Gravy Tadka Dal Tamarind Rice Methi Paratha Yogurt Fruit 14
Aloo Gobi Pakora Kadhi Rice Rotis Yogurt Fruit 17	Kadhai Paneer Tadka Dal Jeera Rice Naan Yogurt Fruit 18	Samosa Ragda Muthiya Pav Yogurt Fruit 19	Undhiyu Moong Rice Rotis Yogurt Fruit 20	Methi Mutter Malai Baked Potato Yellow Rice Paratha Yogurt Fruit 21
Potato Curry Tadka Dal White Rice Paratha Yogurt Fruit 24	Paneer Makhani Dal Makhani Jeera Rice Rotis Yogurt Fruit 25	Mixed Vegetable Moong White Rice Rotis Yogurt Fruit 26	Spinach Corn Raima (Kidney Bean) Yellow Rice Naan Yogurt Fruit 27	Navratan Kurrma Corn Tikki Biryani Paratha Yogurt Fruit 28
Green Beans Curry Yellow Moongdal White Rice Rotis Yogurt Fruit 31			All Meals Include a Beverage (*) Substitutions for Diabetic	

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE

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