



DuPage Senior Citizens Council

Providing Meals and More...

NUTRITION DEPARTMENT-MEALS ON WHEELS

630-812-6750

ASIAN INDIAN MENU

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mutter Paneer Tadka Dal Jeera Rice Paratha Yogurt Fruit 1	Bhindi Masala Moong Yellow Rice Poories Yogurt Fruit 2	Chole Rajma White Rice Gobi Paratha Yogurt Fruit 3	Baingan Bharta Punchranga Dal White Rice Rotis Yogurt Fruit 4
ALL LOCATIONS CLOSED IN OBSERVANCE OF LABOR DAY 7	Aloo Methi Dal Makhani Paratha Jeera Rice Yogurt Fruit 8	Bagara Baignan Dal Palak Roti Rice Yogurt Fruit 9	Paneer Lebadedar Yellow Moongdal Jeera Rice Paratha Yogurt Fruit 10	Potato with Gravy Tadka Dal Tamarind Rice Methi Paratha Yogurt Fruit 11
Aloo Gobi Pakora Kadhi Rice Rotis Yogurt Fruit 14	Kadhai Paneer Tadka Dal Jeera Rice Naan Yogurt Fruit 15	Samosa Ragda Muthiya Pav Yogurt Fruit 16	Undhiyu Moong Rice Rotis Yogurt Fruit 17	Methi Mutter Malai Baked Potato Yellow Rice Paratha Yogurt Fruit 18
Potato Curry Tadka Dal White Rice Paratha Yogurt Fruit 21	Paneer Makhani Dal Makhani Jeera Rice Rotis Yogurt Fruit 22	Mixed Vegetable Moong White Rice Rotis Yogurt Fruit 23	Spinach Corn Raima (Kidney Bean) Yellow Rice Naan Yogurt Fruit 24	Navratan Kurrma Corn Tikki Biryani Paratha Yogurt Fruit 25
Green Beans Curry Yellow Moongdal White Rice Rotis Yogurt Fruit 28	Mutter Paneer Tadka Dal Jeera Rice Paratha Yogurt Fruit 29	Bhindi Masala Moong Yellow Rice Poories Yogurt Fruit 30		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~