

Tiffin Menu

week 1

13-Nov, 27-Nov, 11-Dec, 25-Dec, 8-Jan, 22-Jan, 5-Feb, 19-Feb, 4-Mar, 18-Mar, 1-Apr, 15-Apr, 29-Apr, 13-May, 27-May, 10-Jun, 24-Jun, 8-Jul, 22-Jul

• MON •

Guvar
Gujarati Daal
Rice & Rotli

• TUE •

Undhiyu
Gujarati Daal
Rice & Rotli

• WED •

Cabbage-Potato
Moong
Rice & Methi Thepla

• THU •

Stuffed Aubergine-Potato
Gujarati Kadhi
Khichdi & Bajra Rotla

• FRI •

Bhindi-Potato
Gujarati Daal
Rice & Rotli

• SAT •

Mutter Paneer
Gujarati Kadhi
Rice & Rotli
Gulab Jamun

• SUN •

Potato Rasawala
Gujarati Daal
Rice & 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
0208 909 2232 • info@pradip.uk
07842243952

Tiffin Menu

week 2

20-Nov, 4-Dec, 18-Dec, 1-Jan, 15-Jan, 29-Jan, 12-Feb, 26-Feb, 11-Mar, 25-Mar, 8-Apr, 22-Apr, 6-May, 20-May, 3-Jun, 17-Jun, 1-Jul, 15-Jul, 29-Jul

• MON •

Undhiyu
Gujarati Kadhi
Rice & Rotli

• TUE •

Cauliflower & Peas
Gujarati Daal
Rice & Rotli

• WED •

Tindola-Potato
Moong
Rice & Methi Thepla

• THU •

Turiya Patra
Gujarati Daal
Rice & Rotli

• FRI •

Stuffed Aubergine-Potato
Gujarati Kadhi
Khichdi & Bajri Rotla

• SAT •

Vegetable Kofta
Gujarati Daal
Rice & Rotli
Shrikhand

• SUN •

Mix Beans
Gujarati Kadhi
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 | | | | | | | |