



Week 1 and 3

Monday

Daal Makhani, Vegetable Vindaloo, Rice & Four Tawa Rotis.

Tuesday

Channa Masala, Cauliflower & Potato (aloo gobi), Rice & Four Tawa Rotis.

Wednesday

Peas & Paneer (mutter paneer), Eggplant Bartha, Rice & Four Tawa Rotis.

Thursday

Vegetable Korma, Spinach & Potato (Aloo Palak), Rice & Four Tawa Rotis.

Friday

Chilli Paneer, Daal Turka, Rice, Four Tawa Rotis & Dessert.

Monthly Vegetarian Meal Plan

\$240

Plus tax



Week 2 and 4

Monday

Kofta, Green Beans & Potato, Rice & Four Tawa Rotis.

Tuesday

Rajma Daal, Vegetable Masala, Rice & Four Tawa Rotis.

Wednesday

Kadhai Paneer, Peas & Potato (Aloo Mutter), Rice & Four Tawa Rotis.

Thursday

Kadi Pakoda, Mix Veg Coconut curry, Rice & Four Tawa Rotis.

Friday

Butter Paneer, Capsicum & Potato (Aloo Mirch), Rice, Four Tawa Rotis & Dessert.

**Includes 1 meal per day /
Monday to Friday /
4 Weeks / Total 20 Meals**

Two-week rotating menu of two different vegetarian dishes with rice and four tawa rotis. Twice a week paneer dish and dessert included every Friday.

*university and campus pickup points will soon be available once the college reopens.

Week 1 and 3

Monday

Kadhai Chicken, Daal Makhni,
Rice & Four Tawa Rotis.

Tuesday

Butter Chicken, Cauliflower & Potato
(aloo gobi), Rice & Four Tawa Rotis.

Wednesday

Lamb Masala, Eggplant Bartha,
Rice & Four Tawa Rotis.

Thursday

Chicken Korma, Spinach & Potato
(Aloo Palak), Rice & Four Tawa Rotis.

Friday

Lamb Jalfrezie, Daal Turka, Rice,
Four Tawa Rotis & Dessert.

Two week rotating menu of one chicken dish and one vegetarian dish with rice & Four tawa roti. Twice a week Lamb dish in the place of chicken & Dessert included every Friday.



<http://turmericvictoria.com/>



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250-478-6600

Monthly
Non-Vegetarian
Meal Plan

\$300

Plus tax



Week 2 and 4

Monday

Chilli Chicken, Kofta,
Rice & Four Tawa Rotis.

Tuesday

Chicken Vindaloo, Rajma Daal,
Rice & Four Tawa Rotis.

Wednesday

Lamb Korma, Green Beans &
Potato, Rice & Four Tawa Rotis.

Thursday

Chicken Masala, Kadhi Pakora,
Rice & Four Tawa Rotis.

Friday

Lamb Coconut, Capsicum & Potato
(Aloo Mirch), Rice & Four
Tawa Rotis & Dessert.

THREE PICK UP LOCATIONS

- Downtown - the tikka bar
- Langford - turmeric restaurant
- Burnside Food Market