

## **Sample 7-Day, 5-Meal Tiffin Menu (Non-Vegetarian)**

### **Day**

#### **Compartment 1 (Non-Veg Main)**

#### **Compartment 2 (Dry Vegetable)**

#### **Compartment 3 (Dal/Lentils)**

#### **Compartment 4 (Rice)**

#### **Compartment 5 (Roti/Accompaniment)**

### **Monday**

- Chicken Curry (homestyle)
- Aloo Jeera (Cumin Potatoes)
- Plain Yellow Dal
- Steamed Rice
- 3 Roti + Onion Salad

### **Tuesday**

- Egg Curry (Anda Masala)
- Bhindi Masala (Okra Fry)
- Dal Tadka
- Steamed Rice
- 3 Roti + Pickle

## **Wednesday**

- Chicken Changezi/Masala
- Gobi Matar (Cauliflower & Peas)
- Moong Dal Fry
- Jeera Rice
- 3 Roti + Cucumber Raita

## **Thursday**

- Fish Curry (light gravy)
- Cabbage Stir Fry
- Masoor Dal (Red Lentils)
- Steamed Rice
- 3 Roti + Fresh Salad

## **Friday**

- Mutton Rogan Josh
- Aloo Capsicum (Dry Potato-Bell Pepper)
- Plain Dal • Jeamed Rice
- 3 Roti + Papad

## **Saturday**

- Chicken Korma (mild gravy)
- Baingan Bharta (Mashed Brinjal)
- Panchratan Dal (Mixed Lentils)
- Vegetable Pulao
- 3 Roti + Mint Chutney

## **Sunday**

- Chicken Biryani
- Raita (Yogurt Dip)
- None (Biryani is a complete meal)
- Biryani Rice
- Salad + Small Sweet

## **Tips for Tiffin Services**

Protein Rotation: Rotate the protein sources (chicken, eggs, fish, mutton) to provide a varied diet. Leak-Proof Containers: Using high-quality, leak-proof 5-compartment containers is crucial, especially for gravies and raita, to ensure food items don't mix.

Balance and Nutrition: Ensure each meal is balanced with a good mix of protein, carbs, and fiber. Minimal Oil: Home-style cooking with minimal oil is often preferred by tiffin customers looking for healthy, daily meal options.

Weekly Changes: To retain customers, change the menu weekly or monthly to avoid repetition and keep the food exciting Food Item Approximate Cooked Weight per Portion (grams).