

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

**Day**

**Compartment 1 (Main Curry)**

**Compartment 2 (Dry Vegetable)**

**Compartment 3 (Dal/Lentils)**

**Compartment 4 (Rice)**

**Compartment 5 (Roti/Accompaniment)**

### **Monday**

- Rajma Masala (Kidney Beans)
- Aloo Jeera (Cumin Potatoes)
- Plain Dal (Toor/Arhar)
- Steamed Rice
- 3 Roti + Onion Salad

### **Tuesday**

- Mixed Vegetable Curry
- Bhindi Masala (Okra Fry)
- Dal Tadka (Yellow Lentils)
- Steamed Rice
- 3 Roti + Pickle

## **Wednesday**

- Chana Masala (Chickpeas)
- Baingan Bharta (Mashed Brinjal)
- Moong Dal Fry
- Jeera Rice (Cumin Rice)
- 3 Roti + Curd/Rait

## **Thursday**

- Palak Paneer (Spinach & Cheese)
- Gobi Matar (Cauliflower & Peas)
- Dal Makhani • Steamed Rice
- 3 Roti + Salad

## **Friday**

- Kadhi Pakoda (Yogurt Curry)
- Aloo Gobi Dry
- Plain Dal
- Jeera Rice
- 3 Roti + Papad

## **Saturday**

- Matar Mushroom
- Cabbage & Potato Stir Fry
- Panchratan Dal (Mixed Lentils)
- Vegetable Pulao
- 3 Roti + Raita

## **Sunday**

- Paneer Butter Masala
- Capsicum Masala
- Masoor Dal (Red Lentils)
- Steamed Rice
- 3 Roti + Small Sweet

## **Notes**

Best Practices for Tiffin Services Balance: Ensure a mix of protein (paneer, dal, chana), carbohydrates (roti, rice), and fiber/vitamins (vegetables) in every meal.

Leak-Proof Packaging: Use quality 5-compartment meal trays with secure lids to prevent any mixing or spilling during transit. Variety is Key: Avoid repeating the same main dishes frequently.

A rotating monthly menu is ideal to keep customers interested. Travel-Friendly Dishes: Opt for semi-dry or thick-gravy dishes that travel better than very liquidy items.

Hygiene: Maintain strict hygiene standards in preparation and packaging. Customization: Consider offering options for different dietary needs, such as "no onion/garlic" or diabetic-friendly meals.