

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01 SANDWICH & JUICE	02 HOLIDAY	03
04	05 AALO SHIMLA MIRCH+ CHAPATI +RAITA	06 MOONG DAAL+ CHAPATI + SALAD	07 VEG PULAO (YELLOW)+ FROOTI	08 MASALA BHINDI + CHAPATI	09 GHIYA KOFTA +CHAPATI	10
11	12 VEGETABLE PORRIDGE	13 AALO PURI	14 FRIED IDLI/APPE	15 RAJMA RICE	16 GHIYA +CHAPATI	17
18	19 Holiday	20 Holiday	21 BEANS AALO + CHAPATI+CURD	22 STUFFED PARANTHA	23 PANEER BHURJI+ CHAPATI	24
25	26 Holiday	27 ONION PRANTHA	28 DAAL GHIYA + CHAPATI	29 Holiday	30 FAVOURITE FOOD	31