

Nirmala's Gourmet Goodies Inc.

Single/Family Meal Plans for Daily, Weekly or Monthly¹

Contact Nirmala @ nirmalagoodies@gmail.com or ☎647.628.3661 to place orders²

www.nirmalagourmetgoodies.com

<u>Week of Mar 2/09</u> Monday	Tuesday	Wednesday	Thursday	Friday
Tandoori Chicken Palak Paneer <i>(Spinach & Indian Cheese)</i> Saffron Rice	Spiced Potatoes Dal Makhni <i>(Lentil Curry)</i> Nan	Beef Rogan Josh Spiced Cauliflower Green Pea Pilaf	Sweet & Sour Fish Curry Sautéed Green Beans White Rice	Pork Korma Curry Cabbage and Peas Rice or Nan
<u>Week of Mar 9/09</u> Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Xacuti <i>(Coconut sauce)</i> Glazed Carrots White Rice	Pork Vindaloo Carrot/Beet Salad Green Pea Pilaf	Beef Korma Vegetable Biryani	Chickpea Curry <i>(Chana Masala)</i> Potato Cakes Nan	Shrimp Masala Spiced Green Peas Saffron Rice or Nan
<u>Week of Mar 16/09</u> Monday	Tuesday	Wednesday	Thursday	Friday
Meat Samosas (2) Chaat Papri (Indian Salad)	Butter Chicken Eggplant Bhartha White Rice	Pork Curry Vegetable of the Day Yellow Rice	Fish Croquettes Pasta Salad or Bean Rice	Kheema Mattar <i>(Beef Curry)</i> Spicy Potatoes Nan or Rice
<u>Week of Mar 23/09</u> Monday	Tuesday	Wednesday	Thursday	Friday
Beef Kababs Vegetable of the Day Rice or Nan	Chicken Xacuti <i>(Coconut sauce)</i> Carrot Beet Salad White Rice	Chicken Biryani Raita (Yogurt Salad)	Fish Curry Vegetable of the Day White Rice	Beef Chilli Fry Garlic Mashed Potato Green Peas

¹ Single Meal - \$8.00 or assorted curries - \$6.00/lb
 Single Weekly Plan (Monday – Friday inclusive) - \$40 + taxes + delivery surcharge to downtown core
 Single Monthly Plan (excluding weekends) - \$150 + taxes + delivery surcharge to downtown core
 Family Weekly Pan for 4 (Monday – Friday inclusive) - \$120 + taxes
 Family Monthly Pan for 4 (excluding weekends) - \$450 + taxes

² Orders to be placed by 12:00 noon on Friday either by telephone or via email and pickup time is Sunday between 5 p.m. and 7 p.m.