



**Turmeric**  
INDIAN CUISINE

## 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/>



[info@turmericvictoria.com](mailto:info@turmericvictoria.com)



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