

# URBANKHANA

Convenient + Home-cooked + Quality + Delivered = Urban Khana  
the lifestyle choice.

16 - 20 Jan 2012	Non-Vegetarian	Vegetarian
Monday	Chicken a la king Rice	2 Vegetable Curries Dhal Rice Salad
Tuesday	Cottage pie Vegetables Salad	Vegetable Pasta
Wednesday	Nutty Braised Chicken Basmati Rice Salad	Moongh Dhal Roti Salad
Thursday	Meat and Vegetable Stew Rice Salad	Vegetable Stew Rice Salad
Friday	Roast Chicken Noodle Salad Bean Salad Rolls	Schnitzels Noodle Salad Bean Salad Rolls

23 - 27 Jan 2012	Non-vegetarian	Vegetarian
Monday	Chicken in Sauce Rice Vegetables in season	Soya Cottage Pie Vegetables in season
Tuesday	Lasagne Garlic Rolls Salad	Vegetable Lasagne Garlic Rolls Salad
Wednesday	Southern Fry Chicken Spicy Rice Vegetables in season Salad	Butter Beans Curry Basmati Rice Salad
Thursday	Crumbed Fish Creamed Spinach Sweet Butternut Salad	Schnitzels Creamed Spinach Sweet Butternut Salad
Friday	Chicken Pitas Potato Wedges	Vegetable Pitas Potato Wedges

Home-cooked dinners delivered daily for as little as R60 per day at R250 per week.

No meals are repeated throughout the month.

All foods are halaal.

Sign-up via the website, call or email the chef

[HTTP://URBANKHANA.CO.ZA](http://URBANKHANA.CO.ZA)  
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