

URBANKHANA

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

28 June -2 July 2010	Non-vegetarian	Vegetarian
Monday	Meatballs in Tomato Gravy Rice Salad	2 Vegetable Curries Dhall Rice Salad
Tuesday	Tuna in Pasta Salad	Vegetable Pasta Salad
Wednesday	Filled Chicken Breasts Vegetables in Season Salad	Schnitzels Vegetables in Season Salad
Thursday	Lamb Pumpkin Bredie Rice	Chick Pea Curry Yellow Potato Rice Pickle
Friday	Chicken a la King Rice Salad	Broad Beans Bunny chow Carrot Salad

5-9 July 2010	Non-vegetarian	Vegetarian
Monday	Meatball in Cabbage Mashed Potato Salad	Soya Sausage Chutney Mashed Potato Salad
Tuesday	Roast Chicken Spicy Rice Vegetables in Season Salad	Vegetable Nuggets Spicy Rice Vegetables in Season Salad
Wednesday	Chicken Breyani Yogurt Salad Mixed Salad	Vegetable Breyani Yogurt Salad Mixed Salad
Thursday	Spaghetti Bolognaise Garlic Breads Salad	Soya Mince Bolognaise Garlic Breads Salad
Friday	Chicken Wraps Potato Wedges	Vegetable Wraps Potato Wedges

Home-cooked dinners delivered daily for as little as R45 per day at R225 per week.

No meals are repeated throughout the month.

All foods are halaal.

[HTTP://URBANKHANA.CO.ZA](http://URBANKHANA.CO.ZA)
021 946-2788 / 083 753-2298
THECHEF@URBANKHANA.CO.ZA

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

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