

## FRAMED RECIPES

# WHAT'S FOR DINNER?

### MONDAY

SPICY FISH CURRY WITH  
RICE

### TUESDAY

KALE THORAN & RICE

### WEDNESDAY

PASTA WITH GARBANZO  
BEANS

### THURSDAY

RATATOUILLE  
QUESADILLAS

### FRIDAY

EAT-OUT/ TAKE-OUT

### SATURDAY

KAPPA  
PUZHUKKU/TAPIOCA/  
CASSAVA

### SUNDAY

TURMERIC SWEET CORN  
STIR FRY & ROTI

### NOTES

### SHOPPING LIST