



FRAMED RECIPES

# DINNER

**MONDAY**

TOMATO RICE & RAITHA

**TUESDAY**

ORZO SALAD

**WEDNESDAY**

SHEET PAN KATHI ROLLS

**THURSDAY**

FISH CHURRY WITH NIGELLA SEEDS

**FRIDAY**

EAT OUT/TAKE OUT

**SATURDAY**

COCONUT CURRY SOUP

**SUNDAY**

CAJUN SPICED PASTA



ALL RECIPES AVAILABLE ON THE BLOG