

## FRAMED RECIPES

# WHAT'S FOR DINNER?

### MONDAY

TOMATO RICE & RAITHA

### TUESDAY

ORZO SALAD

### WEDNESDAY

SHEET PAN KATHI ROLLS

### THURSDAY

FISH CURRY WITH  
NIGELLA SEEDS

### FRIDAY

EAT-OUT/ TAKE-OUT

### SATURDAY

COCONUT CURRY  
SOUP

### SUNDAY

CAJUN SPICED PASTA

### NOTES

### SHOPPING LIST