

فَيْضُ الْمَوَائِدِ الْبُرْهَانِيَّةِ

شهر الله المعظم ١٤٣٧ هـ

MENU



سَنَةِ اَعْمَ خَيْرٍ  
سَنَةِ ١٤٣٧ هـ



بعد السلام الجليل والاكرام الجميل

الى العامل الحاضر/مسئول الموضوع /المأمور بالخدمة الرضائية حفظه الله تعالى وسلمه  
اعلام كر:

مرسول الله صلح فرماوے چھے:

### "صومواتصحا"

شهرالله المعظم ماروزره كروانا سبب صحه بهترقائي چھے ، اهنوزيادة سي زياة فائدة  
ليوو جوئے ، روزره كروانا سبب اپنو balance - diet ققائي چھے ، انے جمن جموما Self-  
Control انے Self-Discipline حاصل ققائي چھے ،

ير مبارك مهينه ما افطار كراوا ما گهنو ثواب چھے ، ير ثواب نامد نظر لانرم چھے كر  
افطارنا جمن واسطے اهتمام كرواما اوے ، لاسيما اهو جمن تيار ققائي جبرناسي صحه  
قائم رهے بلكه دائم رهے ، انے سگلا كرتا اهم ير كر حضور اعلى طعني خوشي نوباعث  
ققائي ،

شهرالله المعظم ما جمن نا تمام فوائد مؤمنين صائمين طرف على احسن الشاكلة  
پهنچي سكه ، ايك ميئتهاس ، ايك كهاراس وغيره نا نظام نا تحت عمل ققائي ، جمن ما  
كوئي بهي شاكلة سي اسراف نر ققائي ، جمن سوادانے لذيد پاكے ، سحوري ماسونر جموو  
جوئے - تا كر پورودن نشاط رهے ، افطار ماسونر ليوو جوئے ، Water Intake كتنو  
هوو جوئے -

### --- يرواسطے ---

قرآن مجيد انے اولياء الله ع<sup>۲</sup>نا بيانات ني روشني ما طب ني حيشة سي Doctors ،  
Nutritionist انے سادات كرام ني رأي مبارك سي شهر الله المعظم نا ۳۰ دن نا Menu  
تیار کروا ما ایا چھے ،

حضور اعلیٰ اطال الله بقاءه الشريف الی يوم الدين يرا Menus پر نظر مبارك فرماوي چھے ،  
ير Menus مطابق تمام خدمة گذارو شهر الله المعظم ما افطار نا جمن نا Budget نامد  
نظر جمن ني تنظيم کروا ما فائدة لئي سکے چھے ،

Menu انے جمن ما جبر سگلي اشيائ انے امور نو خيال مراکھو و ضروري چھے يرا  
متعلق مزيد تفاصيل ائندہ موکلوا ما اوسے ، انشاء الله تعالى .



### 30 DAYS MENU FOR SHEHRE RAMADAAN UL MOAZZAM 1437H NIYAZ



#### **1<sup>ST</sup> RAMADAAN UL MOAZZAM 1437H (2<sup>nd</sup> Raat) SUNDAY**

1	NAMAK
2	MALIDO
3	ROTI
4	MALVI GOSHT
5	PALIDU
6	DAL-CHAWAL
7	BHARTU
8	FRUIT
9	ROSE SHARABAT

#### **2<sup>ND</sup> RAMADAAN UL MOAZZAM 1437H (3<sup>rd</sup> Raat) MONDAY**

1	NAMAK
2	ICE-CREAM
3	ROTI
4	CHICKEN IN THICK GRAVY
5	MASOOR DAL-GOSHT
6	JEERA RICE
7	KACHUMBER
8	FRUIT
9	GOL PANI

#### **3<sup>RD</sup> RAMADAAN UL MOAZZAM 1437H (4<sup>th</sup> Raat) TUESDAY**

1	NAMAK
2	GAJAR-HALWO
3	ROTI
4	MIX VEGETABLE TARKARI
5	MIX DAL
6	RICE WITH BARISTA
7	GREEN SALAD WITH CHOPPED OLIVES
8	FRUIT
9	JAL-JEERA

#### **4<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (5<sup>th</sup> Raat) WEDNESDAY**

1	NAMAK
2	MIX - FRUIT CUSTARD (CHINA GRASS FALOODA)
3	ROTI
4	BUTTER CHICKEN
5	MUTTON KARI
6	RICE WITH GREEN PEAS
7	GREEN COCONUT CHUTNEY AND CUCUMBER
8	FRUIT
9	GOL PANI





### 30 DAYS MENU FOR SHEHRE RAMADAAN UL MOAZZAM 1437H NIYAZ



<b>5<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (6<sup>th</sup> Raat) THURSDAY</b>	
1	NAMAK
2	DUDHI HALWO
3	ROTI
4	VEGETABLE TARKARI
5	SOUP
6	MUTTON BIRYANI
7	KACHUMBER
8	FRUIT
9	HONEY (SHEHED) PANI

<b>6<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (7<sup>th</sup> Raat) FRIDAY</b>	
1	NAMAK
2	FRUIT SOUFFLE
3	ROTI
4	HALF CHICKEN WITH SAUCE
5	CHICKEN SOUP
6	CHICKEN PULAV WITH VEGETABLES
7	SALAD
8	FRUIT
9	GOL PANI

<b>7<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (8<sup>th</sup> Raat) SATURDAY</b>	
1	NAMAK
2	ICE-CREAM
3	ROTI
4	CHICKEN TARKARI
5	KHURDI OR SOUP
6	MUTTON AKHNI PULAV
7	DAHI SALAD
8	FRUIT
9	GOL PANI

<b>8<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (9<sup>th</sup> Raat) SUNDAY</b>	
1	NAMAK
2	FRESH ORANGE OR SWEET LIME SORBET
3	ROTI
4	CHANA BOTI TARKARI
5	TOMATO SOUP
6	KHEEMA KHICHIDI
7	SALAD WITH CHOPPED OLIVES
8	FRUIT
9	GOL PANI



### 30 DAYS MENU FOR SHEHRE RAMADAAN UL MOAZZAM 1437H NIYAZ



<b>9<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (10<sup>th</sup> Raat) MONDAY</b>	
1	NAMAK
2	SUJI HALWO
3	ROTI
4	CHICKEN TARKARI
5	KHICHDO
6	KADHI OR KOLU
7	IMLI AND KHAJOOR KACHUMBER
8	FRUIT
9	NIMBU PANI

<b>10<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (11<sup>th</sup> Raat) TUESDAY</b>	
1	NAMAK
2	ICE-CREAM
3	ROTI
4	ALOO GOSHT TARKARI
5	PAYA
6	KHICHIDI
7	SALAD WITH CHOPPED OLIVES
8	FRUIT
9	HONEY (SHEHED) PANI

<b>11<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (12<sup>th</sup> Raat) WEDNESDAY</b>	
1	NAMAK
2	MALIDO
3	ROTI
4	MALVI GOSHT
5	DAL-CHAWAL
6	PALIDU
7	BHARTU
8	FRUIT
9	ROSE SHARABAT

<b>12<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (13<sup>th</sup> Raat) THURSDAY</b>	
1	NAMAK
2	FRUIT SOUFFLE
3	ROTI
4	HALF CHICKEN WITH SAUCE
5	CHICKEN SOUP
6	CHICKEN PULAV WITH VEGETABLES
7	SALAD
8	FRUIT
9	GOL PANI



### 30 DAYS MENU FOR SHEHRE RAMADAAN UL MOAZZAM 1437H NIYAZ



<b>13<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (14<sup>th</sup> Raat) FRIDAY</b>	
1	NAMAK
2	GAJAR-HALWO
3	ROTI
4	MIX VEGETABLE TARKARI
5	MIX DAL
6	RICE WITH BARISTA
7	GREEN SALAD WITH CHOPPED OLIVES
8	FRUIT
9	JAL-JEERA

<b>14<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (15<sup>th</sup> Raat) SATURDAY</b>	
1	NAMAK
2	MIX-FRUIT CUSTARD (CHINA GRASS FALOODA)
3	ROTI
4	BUTTER CHICKEN
5	MUTTON KARI
6	RICE WITH GREEN PEAS
7	GREEN COCONUT CHUTNEY AND CUCUMBER
8	FRUIT
9	GOL PANI

<b>15<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (16<sup>th</sup> Raat) SUNDAY</b>	
1	NAMAK
2	DUDHI HALWO
3	ROTI
4	VEGETABLE TARKARI
5	MUTTON BIRYANI
6	SOUP
7	KACHUMBER
8	FRUIT
9	HONEY (SHEHED) PANI

<b>16<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (17<sup>th</sup> Raat) MONDAY</b>	
1	NAMAK
2	ICE-CREAM
3	ROTI
4	CHICKEN IN THICK GRAVY
5	MASOOR DAL-GOSHT
6	JEERA RICE
7	SALAD
8	FRUIT
9	GOL PANI





### 30 DAYS MENU FOR SHEHRE RAMADAAN UL MOAZZAM 1437H NIYAZ



17 <sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (18 <sup>th</sup> Raat) TUESDAY	
1	NAMAK
2	ICE-CREAM
3	ROTI
4	CHICKEN TARKARI
5	KHURDI OR SOUP
6	MUTTON AKHNI PULAV
7	DAHI SALAD
8	FRUIT
9	GOL PANI

18 <sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (19 <sup>th</sup> Raat) WEDNESDAY	
1	NAMAK
2	FRESH ORANGE OR SWEET LIME SORBET
3	ROTI
4	CHANA BOTI TARKARI
5	TOMATO SOUP
6	KHEEMA KHICHIDI
7	SALAD WITH CHOPPED OLIVES
8	FRUIT
9	GOL PANI

19 <sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (20 <sup>th</sup> Raat) THURSDAY <b>HUZURALA TUS TARAF SI NIYAZ</b>	
1	NAMAK
2	VANILLA ICE CREAM
3	ROTI OR MANDA OR NAAN
4	FULL CHICKEN KIT IN BIRISTA GRAVY
5	DAL-GOSHT
6	RICE WITH GREEN PEAS (GARNISH WITH BIRISTA)
7	KACHUMBER(WITH ONION, TOMATO, CHOPPED OLIVES, VINEGAR & LIME)
8	FRUIT
9	HONEY (SHEHED) PANI

20 <sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (21 <sup>st</sup> Raat) FRIDAY	
1	NAMAK
2	ICE-CREAM
3	ROTI
4	ALOO GOSHT TARKARI
5	PAYA
6	KHICHIDI
7	SALAD WITH CHOPPED OLIVES
8	FRUIT
9	HONEY (SHEHED) PANI



### 30 DAYS MENU FOR SHEHRE RAMADAAN UL MOAZZAM 1437H NIYAZ



<b>21<sup>ST</sup> RAMADAAN UL MOAZZAM 1437H (22<sup>nd</sup> Raat) SATURDAY</b>	
1	NAMAK
2	MALIDO
3	ROTI
4	ALOO GOSHT TARKARI
5	PAYA
6	KHICHIDI
7	SALAD WITH OLIVES
8	FRUIT
9	HONEY (SHEHED) PANI

<b>22<sup>ND</sup> RAMADAAN UL MOAZZAM 1437H (Lailatul Qadr) SUNDAY</b>	
1	NAMAK
2	MANGO ICE-CREAM
3	ROTI
4	WHOLE CHICKEN-TARKARI
5	PALIDU WITH DUDHI AND SEVTA NI SINGH
6	DAL-CHAWAL
7	SALAD WITH OLIVES
8	FRUIT
9	HONEY (SHEHED) PANI

<b>23<sup>RD</sup> RAMADAAN UL MOAZZAM 1437H (24<sup>th</sup> Raat) MONDAY</b>	
1	NAMAK
2	ICE-CREAM
3	ROTI
4	CHICKEN IN THICK GRAVY
5	MASOOR DAL-GOSHT
6	JEERA RICE
7	DAHI SALAD
8	FRUIT
9	GOL PANI

<b>24<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (25<sup>th</sup> Raat) TUESDAY</b>	
1	NAMAK
2	DUDHI HALWO
3	ROTI
4	VEGETABLE TARKARI
5	SOUP
6	MUTTON BIRYANI
7	KACHUMBER
8	FRUIT
9	HONEY (SHEHED) PANI



### 30 DAYS MENU FOR SHEHRE RAMADAAN UL MOAZZAM 1437H NIYAZ



<b>25<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (26<sup>th</sup> Raat) WEDNESDAY</b>	
1	NAMAK
2	GAJAR-HALWO
3	ROTI
4	MIX VEGETABLE TARKARI
5	MIX DAL
6	RICE WITH GREEN PEAS
7	GREEN SALAD WITH CHOPPED OLIVES
8	FRUIT
9	JAL-JEERA

<b>26<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (27<sup>th</sup> Raat) THURSDAY</b>	
1	NAMAK
2	ICE-CREAM
3	ROTI
4	MALVI GOSHT
5	DAL-CHAWAL
6	PALIDU
7	BHARTU
8	FRUIT
9	ROSE SHARABAT

<b>27<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (28<sup>th</sup> Raat) FRIDAY</b>	
1	NAMAK
2	ICE-CREAM
3	ROTI
4	CHICKEN TARKARI
5	KHURDI OR SOUP
6	MUTTON AKHNI PULAV
7	DAHI SALAD
8	FRUIT
9	GOL PANI

<b>28<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (29<sup>th</sup> Raat) SATURDAY</b>	
1	NAMAK
2	SUJI HALWO
3	ROTI
4	CHICKEN TARKARI
5	KHICHDO
6	KADHI OR KOLU
7	IMLI AND KHAJOOR KACHUMBER
8	FRUIT
9	NIMBU PANI



### 30 DAYS MENU FOR SHEHRE RAMADAAN UL MOAZZAM 1437H NIYAZ



<b>29<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (30<sup>th</sup> Raat) SUNDAY</b>	
1	NAMAK
2	FRESH ORANGE OR SWEET LIME SORBET
3	ROTI
4	CHANA BOTI TARKARI
5	TOMATO SOUP
6	KHEEMA KHICHIDI
7	SALAD WITH CHOPPED OLIVES
8	FRUIT
9	GOL PANI

<b>30<sup>TH</sup> RAMADAAN UL MOAZZAM 1437H (Eid ul Fitr Raat) MONDAY</b>	
1	NAMAK
2	FRUIT SOUFFLE
3	ROTI
4	DABBA GOSHT
5	CHICKEN SOUP
6	CHICKEN PULAV WITH VEGETABLES
7	SALAD
8	FRUIT
9	GOL PANI



30 DAYS MENU FOR SHEHRE RAMADAAN UL MOAZZAM 1437H NIYAZ



**Suggested List of the FRUITS & ICE-CREAM which can be kept in thaal**  
**during SHEHRE RAMADAAN UL MOAZZAM 1437H**

<b>FRESH FRUITS</b>	<ol style="list-style-type: none"><li>1. Banana</li><li>2. Apple</li><li>3. Pears</li><li>4. Orange</li><li>5. Mosambi</li><li>6. Watermelon</li><li>7. Papaya</li></ol>
<b>ICE-CREAM</b>	<ol style="list-style-type: none"><li>1. Chocolate</li><li>2. Strawberry</li><li>3. Butterscotch</li><li>4. Mango</li><li>5. Malai</li><li>6. Pista</li><li>7. Cookie &amp; Cream</li></ol>



30 DAYS MENU FOR SHEHRE RAMADAAN UL MOAZZAM 1437H NIYAZ



**Suggested List of the Garnish which can be done on the Dishes kept in thaal**  
**during SHEHRE RAMADAAN UL MOAZZAM 1437H**

ITEMS	GARNISH
Malido/Dudhi Halwo/ Gajar Halwo/Suji Halwo	Garnish with Badam, Pista, Kaju
Chicken in thick gravy	Garnish with Mint leaves
Dabba Gosht	Garnish with Coriander
Mutton Khichdo	Garnish with Barista, Lime, Adrak, Cow Ghee Vaghar
Full Chicken with gravy	Garnish with Coriander
Malvi Gosht	Garnish with Chopped Coriander & Mint leaves
Chicken Pulav	Garnish with Chopped Coriander
Kaari Gosht	Garnish with Chopped Coriander
Steam Rice	Garnish with Barista & Burnt Garlic
Jeera Rice	Garnish with Barista & Chopped Coriander
Butter Chicken	Garnish with Fresh Cream
Dal-Chawal	Garnish with Spring Onions