

## **AUTHATIC BREAK FAST**

- IDLY
- UZHUNNUVADA
- PUTTUKADALA
- OUTHAPPAM
- POORI MASALA
- VARIETY OF DOSA'S (Plain dosa, Ghee Roast, Masala dosa, Onion dosa,etc)

## **TYPICAL HOMELY MEALS AND DUM BIRIYANI**

- MEALS WITH FISH CURRY AND FRY
- CHICKEN
- EGG
- BEEF
- CHAPPATHY
- PAROTTA

} BIRIYANI'S

## **DELICIOUS INDIAN CHINESE TANDOORI DINNER**

- ALFAHAM
- TANDOORI
- ROTTI
- NAAN
- ALL VARIETY FRIED RICES

## **DIABETIC MENU**

### **Break fast**

- WHEAT PUTTU
- WHEAT DOSA
- RAGI PUTTU
- RAGI DOSA
- OATS
- OATS WITH MILK
- WHEAT UPPUMA
- WHEAT KICHADI
- BOILED EGG WHITE
- KADALA/ GREEN GRAM SPROUT
- GREEN GRAM CURRY
- KADALA/ WHITE CHANNA CURRY

### **LUNCH**

ORGANIC DIET COMBO LUNCH (VEG /NON VEG)

(CHAPPATHY, STREAMED WHITE RICE, GREEN SALAD, FISH CURRY/ VEG CURRY, THORAN, SAMBARU , MORU CURRY)

### **NORMAL DIET LUNCH**

(STREAMED WHITE RICE, GREEN SALAD, THORAN, SAMBAR, ,ORUCURRY, BUTTER MILK)

- ❖ CHAPPATHY
- ❖ EGG WHITE CURRY
- ❖ GREEN GRAM CURRY
- ❖ GREEN SALAD

### **DINNER**

- 🍴 WHEAT KANJI WITH THORAN
- 🍴 STREAMED WHITE RICE
- 🍴 RAGI CHAPPATHY
- 🍴 WHEAT POLKA
- 🍴 CHAPPATHY
- 🍴 WHEAT DOSA
- 🍴 BOILED EGG
- 🍴 EGG WHITE CURRY
- 🍴 GREEN GRAM CURRY

### **FRESH JUICE FRUITS & SNACKS**

BITTER GUARD, ASH GUARD JUICE

SNAKE GUARD/ CUCUMBER JUICE

OATS COOKIES, MARIGOLD HIGH FIBER BISCUITS, WHEAT RUSK

SANDWHICH (VEG/EGG WHITE)