

FOOD MENU - SAMPLE

WEEK 1	Exotic Stir Fried Veggies	Paneer Chilli	Vegetable Fried Rice	Hakka Noodles	Pickeled Khimchi
	Dal Tadka	Vegetable Handi	Phulka	Steamed Rice	Palak Raita
	Idli	Bisi Bele Bhaat	Sambar	Chutney	Podi
WEEK 2	Paneer Tikka Biryani	Vegetable Raita	Veg Sheekh Kebab	Mint Chutney	Pickled Onions
	Sai Bhaji	Bhindi Aloo	Phulka (2 pcs)	Bhuga Chawal	Cooked Red Chana Subzi
WEEK 3	Pav Bhaji	Pav's	Hara Bhara Kebab	Curd Mint Dip	Fresh Chopped Onions & Lemon
	Panchmel Dal	Aloo Gobhi Matar	Phulka (2 pcs)	Vegetable Pulav	Apple Raita
	Exotic Veggies & Paneer in Chilli Basil	Vegetable Spring Rolls	Basil Fried Rice	Vegetable Noodles	Pickled Khimchi
WEEK 4	Yellow Moong Dal	Palak Paneer	Phulka (2 pcs)	Jeera Rice	Mixed Veggies in Light Gravy
	Sindhi Curry	Vegetable Jalfrezi	Phulka (2 pcs)	Steamed Rice	Masala Curd/ Mint Raita
	Chole	Bhindi & Corn Subzi	Phulka (2 pcs)	Vegetable Raita	Steamed/ Jeera Rice