



# SOUTH INDIAN



050 521 7837

1 MEAL ₹ 195  
2 MEALS ₹ 315  
3 MEALS ₹ 385



|     |                      |                                |
|-----|----------------------|--------------------------------|
| MON | BREAKFAST - 1ST WEEK | Chapati (4) + Kaala Chana      |
| TUE |                      | Idli (3) + Sambar              |
| WED |                      | Veg Semiya Upma                |
| THU |                      | Chapati (4) + Green Peas Curry |
| FRI |                      | Puri (3) + Aloo Bhaji          |
| SAT |                      | Chapati (4) + Egg Curry        |

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| BREAKFAST - 2ND WEEK | Chapati + White Chana Masala |
|                      | Idli (3) + Sambar            |
|                      | Upma + Sambar                |
|                      | Chapati (4) + Mix Veg Stew   |
|                      | Puri (3) + Aloo Bhaji        |
|                      | Paratha (3) + Kadala Curry   |

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| BREAKFAST - 3RD WEEK | Chapati (4) + Potato Stew     |
|                      | Idli (3) + Sambar             |
|                      | Oats Upma                     |
|                      | Khubz (2) + Potato Kuruma     |
|                      | Puri (3) + Aloo Ki Subzi      |
|                      | Chapati (4) + Anda Aloo Curry |

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| BREAKFAST - 4TH WEEK | Chapati (4) + Chana Curry       |
|                      | Idli (3) + Chicken Salna        |
|                      | Masala Upma + Tomato Chutney    |
|                      | Dosa (3) + Sambar               |
|                      | Chapati (4) + Vanpayaru Curry   |
|                      | Khubz (2) + Chicken Parts Curry |

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| MON | TIFFIN LUNCH - 1ST WEEK | Motta / Barik Rice + Fish Curry + Rasam        |
| TUE |                         | Motta / Barik Rice + Veg Curry + Dal           |
| WED |                         | Motta / Barik Rice + Aloo Chicken Curry + Moru |
| THU |                         | Motta / Barik Rice + Fish Fry + side curry     |
| FRI |                         | Chicken Biryani + Raita                        |
| SAT |                         | Motta / Barik Rice + Fish Curry + Rasam        |

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| TIFFIN LUNCH - 2ND WEEK | Motta / Barik Rice + Fish Curry + Rasam        |
|                         | Motta / Barik Rice + Veg Curry + Dal           |
|                         | Motta / Barik Rice + Aloo Chicken Curry + Moru |
|                         | Motta / Barik Rice + Fish Fry + side curry     |
|                         | Chicken Biryani + Raita                        |
|                         | Motta / Barik Rice + Fish Curry + Rasam        |

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| TIFFIN LUNCH - 3RD WEEK | Motta / Barik Rice + Fish Curry + Rasam        |
|                         | Motta / Barik Rice + Veg Curry + Dal           |
|                         | Motta / Barik Rice + Aloo Chicken Curry + Moru |
|                         | Motta / Barik Rice + Fish Fry + side curry     |
|                         | Chicken Biryani + Raita                        |
|                         | Motta / Barik Rice + Fish Curry + Rasam        |

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| TIFFIN LUNCH - 4TH WEEK | Motta / Barik Rice + Fish Curry + Rasam        |
|                         | Motta / Barik Rice + Veg Curry + Dal           |
|                         | Motta / Barik Rice + Aloo Chicken Curry + Moru |
|                         | Motta / Barik Rice + Fish Fry + side curry     |
|                         | Chicken Biryani + Raita                        |
|                         | Motta / Barik Rice + Fish Curry + Rasam        |

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| MON | DINNER - 1ST WEEK | Barik Rice (Half) + 2 Chapathi + veg curry + side curry             |
| TUE |                   | Barik Rice (Half) + 2 Chapathi + Aloo Chicken Curry + Side Curry    |
| WED |                   | Barik Rice (Half) + 2 Chapathi + Mix Veg Bhuna Curry + Side Curry   |
| THU |                   | Barik Rice (Half) + 2 Chapathi + Veg Curry + Side Curry             |
| FRI |                   | Barik Rice (Half) + 2 Chapathi + Dhaniya Chicken Curry + Side Curry |
| SAT |                   | Barik Rice (Half) + 2 Chapathi + Lauki Aloo Subzi + Side Curry      |

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| DINNER - 2ND WEEK | Barik Rice (Half) + 2 Chapathi + Soy Chunk Curry + Side Curry  |
|                   | Barik Rice (Half) + 2 Chapathi + Chicken Masala + Dal          |
|                   | Barik Rice (Half) + 2 Chapathi + Bhindi Masala + Side Curry    |
|                   | Barik Rice (Half) + 2 Chapathi + Soy Chunk Kadai+ Side Curry   |
|                   | Barik Rice (Half) + 2 Chapathi + Chicken Hariyali + Side Curry |
|                   | Barik Rice (Half) + 2 Chapathi + Veg Curry + Side Curry        |

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| DINNER - 3RD WEEK | Barik Rice (Half) + 2 Chapathi + Veg Curry + Side Curry         |
|                   | Barik Rice (Half) + 2 Chapathi + Chicken Curry + Side Curry     |
|                   | Barik Rice (Half) + 2 Chapathi + White Chana Curry + Side Curry |
|                   | Barik Rice (Half) + 2 Chapathi + Aloo Matar Keema + Side Curry  |
|                   | Barik Rice (Half) + 2 Chapathi + Chicken Curry + Side Curry     |
|                   | Barik Rice (Half) + 2 Chapathi + Mix Veg Korma+ Side Curry      |

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| DINNER - 4TH WEEK | Barik Rice (Half) + 2 Chapathi + Aloo Jeera + Side Curry        |
|                   | Barik Rice (Half) + 2 Chapathi + Chicken Red Curry + Side Curry |
|                   | Barik Rice (Half) + 2 Chapathi + Veg Do Pyaza + Side Curry      |
|                   | Barik Rice (Half) + 2 Chapathi + Brinjal Roast + Side Curry     |
|                   | Barik Rice (Half) + 2 Chapathi + Chicken Masala + Side Curry    |
|                   | Barik Rice (Half) + 2 Chapathi + Bhindi Curry + Side Curry      |