



LUNCH BOX



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BASIC PLAN

BREAKFAST

South Indian

Mon: W1 & W3 - Dosa, Sambar, Chutney |
W2 & W4 - Masala Dosa, Sambar, Chutney

Tue: W1 & W3 - Upma, White Peas |
W2 & W4 - Semiya Upma

Wed: W1 - Chicken Macaroni | W2 - Veg Macaroni,
Salna | W3 - Egg Macaroni, Salna |
W4 - Veg Macaroni, Salna

Thu: Uthappam, Sambar, Chutney

Fri: Puttu, White Chana

Sat: W1 & W3 - Idli, Sambar, Chutney |
W2 & W4 - Special Idli, Sambar, Chutney

North Indian

Mon: Dhokla, Green Chutney, Sweet Chutney

Tue: Poha, Green Chutney, Sweet Chutney

Wed: W1 - Chicken Macaroni | W2 - Veg Macaroni,
Salna | W3 - Egg Macaroni, Salna |
W4 - Veg Macaroni, Salna

Thu: Pav, White Chana

Fri: Porotta, Aloo Bhaji

Sat: Chapati, Veg Korma

LUNCH

South Indian

Mon: W1 & W3 - Rice, Moru Curry, Chicken Fry, Dal Fry |
W2 & W4 - Rice, Chicken Curry, Dal Fry

Tue: Rice, Fish Chilli Curry, Upperi, Pickle

Wed: Special Rice, Egg Tikka Masala, Tadka Raita

Thu: Rice, Sambar, Pachadi, Fish Fry

Fri: W1 - Chicken Biryani | W2 - Chicken Biryani |
W3 - Malabar Chicken Dum Biryani |
W4 - Ambur Chicken Biryani, Carrot Cucumber
Raita, Pickle, Sweets

Sat: Rice, Fish Coconut Curry, Upperi, Pickle

North Indian

Mon: W1 & W3 - Rice, Dal Curry, Chicken Fry,
Carrot Raita | W2 & W4 - Rice, Chicken Curry,
Carrot Raita

Tue: Barik Rice, Mix Veg Curry, Raita, Aloo Jeera

Wed: Special Rice, Egg Tikka Masala, Tadka Raita

Thu: Barik Rice, Dal Gravy, Curd Cumin Raita, Egg Fry

Fri: W1 - Chicken Biryani | W2 - Chicken Biryani |
W3 - Malabar Chicken Dum Biryani |
W4 - Ambur Chicken Biryani, Carrot Cucumber
Raita, Pickle, Sweets

Sat: Barik Rice, Soya Chukka, Mint Raita, Pickle

DINNER

South Indian

Mon: W1 & W3 - Porotta (2), Fish Curry |
W2 & W4 - Porotta (2), Chicken Xacuti

Tue: W1 & W3 - Kulcha (2), White Chana Curry |
W2 & W4 - Bhatara, White Chana Curry

Wed: W1 & W3 - Kallappam (3), Egg Stew |
W2 & W4 - Puri, Egg Korma

Thu: Chapati (3), Veg Curry

Fri: W1 & W3 - Kappa Biryani, Kachumber |
W2 - Kothu Porotta, Salna |
W4 - Puttu Biryani, Kachumber Raita

Sat: W1 - Special Pulao, Gravy | W2 - Chicken Kabsa, Salsa |
W3 - Chicken Mandi, Salsa |
W4 - Ghee Rice, Beef Curry, Vinegar Salad

North Indian

Mon: W1 & W3 - Roti, Sausage Curry |
W2 & W4 - Roti, Chicken Xacuti

Tue: W1 & W3 - Kulcha (2), White Chana Curry |
W2 & W4 - Bhatara, White Chana Curry

Wed: W1 & W3 - Porotta (2), Egg Stew |
W2 & W4 - Puri, Egg Korma

Thu: Chapati (3), Veg Curry

Fri: Half Barik Rice, Chapati (2), Burji Curry

Sat: W1 - Special Pulao, Gravy | W2 - Chicken Kabsa, Salsa |
W3 - Chicken Mandi, Salsa |
W4 - Ghee Rice, Mushroom Curry, Vinegar Salad



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