



**LUNCH BOX**

# Lunch Box

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### EXECUTIVE 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, Boiled Egg.

**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, Onion Chop, Lemon.

**Fri:** Porotta, Aloo Bhaji, Boiled Egg.

**Sat:** Chapati, Veg Korma.

#### LUNCH

##### South Indian

**Mon:** W1 & W3 - Rice, Moru Curry, Chicken Fry, Dal Fry,  
Upperi, Pickle, Papad | W2 & W4 - Rice, Chicken  
Curry, Dal Fry, Upperi, Pickle, Papad.

**Tue:** Rice, Fish Chilli Curry, Inji Moru, Upperi, Pickle.

**Wed:** Special Rice, Egg Tikka Masala, Tadka Fry,  
Carrot Raita.

**Thu:** Rice, Sambar, Pachadi, Upperi, 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, Rasam, Upperi, Pickle.

##### North Indian

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

**Tue:** Barik Rice, Mix Veg Curry, Raita, Aloo Jeera, Pickle.

**Wed:** Special Rice, Egg Tikka Masala, Tadka Fry,  
Carrot Raita.

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

**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, Salad.

**Tue:** W1 & W3 - Kulcha (2), Chicken Hariyali |  
W2 & W4 - Bhatura, Chicken Hariyali.

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

**Thu:** Chapati (3), Shahi Chicken Kofta.

**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, Salad |  
W2 & W4 - Roti, Chicken Xacuti, Salad.

**Tue:** W1 & W3 - Kulcha (2), Chicken Hariyali |  
W2 & W4 - Bhatura, Chicken Hariyali.

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

**Thu:** Chapati (3), Shahi Chicken Kofta.

**Fri:** Half Barik Rice, Chapati (2), Burji Curry, Moong Dal.

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



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