MEAL BANDA

STREET TIFFIN

BASIC

SOUTH INDIAN + NORTH INDIAN

1 MEAL	2 MEALS	3 MEALS
AED 210	AED 340	AED 420

BREAKFAST

	SOUTH INDIAN	NORTH INDIAN
Mon	Uthappam, Sambar, Chutney	Dhokla, Green Chutney, Sweet Chutney
Tue	Chicken Macaroni (Week 1), Veg Macaroni, Salna (Weeks 2 & 4), Egg Macaroni, Salna (Week 3)	Chicken Macaroni (Week 1), Veg Macaroni, Salna (Weeks 2 & 4), Egg Macaroni, Salna (Week 3)
Wed	Upma, White peas curry (Weeks 1 & 3); Semiya Upma (Weeks 2 & 4)	Chapati, Black Chana
Thu	Idli, Sambar, Chutney (Weeks 1 & 3); Special Idli, Sambar, Chutney (Weeks 2 & 4)	Pav, White Chana
Fri	Puttu, White Chana	Porotta, Aloo Bhaji
Sat	Dosa, Sambar, Chutney (Weeks 1 & 3); Masala Dosa, Sambar, Chutney (Weeks 2 & 4)	Chapati, Veg Korma

LUNCH

	SOUTH INDIAN	NORTH INDIAN
Mon	Rice, Moru Curry, Chicken Fry, Dal (Weeks 1 & 3); Rice, Chicken Curry, Dal (Weeks 2 & 4)	Rice, Dal, Chicken Fry, Raita (Weeks 1 & 3); Rice, Chicken Curry, Raita (Weeks 2 & 4)
Tue	Rice, Fish Chilli Curry, Upperi, Pickle	Barik Rice, Mix Veg Curry, Raita, Aloo Jeera
Wed	Special Rice, Egg Tikka Masala, Raita	Special Rice, Egg Tikka Masala, Raita
Thu	Rice, Sambar, Pachadi, Fish Fry	Barik Rice, Dal, Raita, Egg Fry
Fri	Chicken Biryani (Weeks 1 & 2); Malabar Chicken Dum Biryani (Week 3); Amboor Chicken Biryani, Raita, Pickle, Dessert (Week 4)	Chicken Biryani (Weeks 1 & 2); Malabar Chicken Dum Biryani (Week 3); Amboor Chicken Biryani, Raita, Pickle, Dessert (Week 4)
Sat	Rice, Fish Coconut Curry, Upperi, Pickle	Barik Rice, Soya Chukka, Raita, Pickle

DINNER

	SOUTH INDIAN	NORTH INDIAN
Mon	Half Barik Rice, Porotta (1), Dal, Fish Curry (Weeks 1 & 3); Half Barik Rice, Porotta (1), Dal, Chicken Xacuti (Weeks 2 & 4)	Half Barik Rice, Roti, Dal, Sausage Curry (Weeks 1 & 3); Half Barik Rice, Roti, Dal, Chicken Xacuti (Weeks 2 & 4)
Tue	Kulcha (1), Half Barik Rice, Vendakka Masala, Chicken Hariyali (Weeks 1 & 3); Bhatura (1), Vendakka Masala, White Chana Curry (Weeks 2 & 4)	Kulcha (1), Half Barik Rice, Bhindi Masala, Chicken Hariyali (Weeks 1 & 3); Bhatura (1), Bhindi Masala, White Chana Curry (Weeks 2 & 4)
Wed	Kallappam (3), Egg Stew (Weeks 1 & 3); Puri, Egg Korma (Weeks 2 & 4)	Half Barik Rice, Porotta (1), Egg Stew, Dal (Weeks 1 & 3); Half Barik Rice, Puri, Egg Korma, Dal (Weeks 2 & 4)
Thu	Half Barik Rice, Chapati (2), Veg Curry, Dal	Half Barik Rice, Chapati (2), Veg Curry, Dal
Fri	Kappa Biryani, Kaicumber (Weeks 1 & 3); Kothu Porotta, Salna (Week 2); Puttu Biryani, Raita (Week 4)	Half Rice, Chapati (2), Burji Curry, Moong Dal
Sat	Special Pulao, Gravy (Week 1); Chicken Kabsa, Salsa (Week 2); Chicken Mandi, Salsa (Week 3); Ghee Rice, Beef Curry, Vinegar Salad (Week 4)	Special Pulao, Gravy (Week 1); Chicken Kabsa, Salsa (Week 2); Chicken Mandi, Salsa (Week 3); Ghee Rice, Mushroom Curry, Vinegar Salad (Week 4)

+971 56 549 9968

MEAL BANDA

STREET TIFFIN

EXECUTIVE

SOUTH INDIAN + NORTH INDIAN

1 MEAL	2 MEALS	3 MEALS
AED 270	AED 400	AED 480

BREAKFAST

	SOUTH INDIAN	NORTH INDIAN
Mon	Uthappam, Sambar, Chutney	Dhokla, Green Chutney, Sweet Chutney
Tue	Chicken Macaroni (Week 1), Veg Macaroni, Salna (Weeks 2 & 4), Egg Macaroni, Salna (Week 3)	Chicken Macaroni (Week 1), Veg Macaroni, Salna (Weeks 2 & 4), Egg Macaroni, Salna (Week 3)
Wed	Upma, White peas curry, Boiled Egg (Weeks 1 & 3); Semiya Upma, Boiled Egg (Weeks 2 & 4)	Chapati, Black Chana
Thu	Idli, Sambar, Chutney (Weeks 1 & 3); Special Idli, Sambar, Chutney (Weeks 2 & 4)	Pav, White Chana, Onion Chop, Lemon
Fri	Puttu, White Chana	Porotta, Aloo Bhaji, Boiled Egg
Sat	Dosa, Sambar, Chutney (Weeks 1 & 3); Masala Dosa, Sambar, Chutney (Weeks 2 & 4)	Chapati, Veg Korma

LUNCH

	SOUTH INDIAN	NORTH INDIAN
Mon	Rice, Moru Curry, Chicken Fry, Dal, Upperi, Pickle, Papad (Weeks 1 & 3); Rice, Chicken Curry, Dal, Upperi, Pickle, Papad (Weeks 2 & 4)	Rice, Dal, Chicken Fry, Raita, Pickle, Papad (Weeks 1 & 3); Rice, Chicken Curry, Raita, Pickle, Papad (Weeks 2 & 4)
Tue	Rice, Fish Chilli Curry, Inji Moru, Upperi, Pickle	Barik Rice, Mix Veg Curry, Raita, Aloo Jeera, Pickle
Wed	Special Rice, Egg Tikka Masala, Chicken Fry, Raita	Special Rice, Egg Tikka Masala, Chicken Fry, Raita
Thu	Rice, Sambar, Pachadi, Upperi, Fish Fry	Barik Rice, Dal, Raita, Egg Fry, Pickle
Fri	Chicken Biryani (Weeks 1 & 2); Malabar Chicken Dum Biryani (Week 3); Amboor Chicken Biryani, Raita, Pickle, Dessert (Week 4)	Chicken Biryani (Weeks 1 & 2); Malabar Chicken Dum Biryani (Week 3); Amboor Chicken Biryani, Raita, Pickle, Dessert (Week 4)
Sat	Rice, Fish Coconut Curry, Rasam, Upperi, Pickle	Barik Rice, Soya Chukka, Raita, Pickle

DINNER

	SOUTH INDIAN	NORTH INDIAN
Mon	Half Barik Rice, Porotta (1), Dal, Fish Curry (Weeks 1 & 3); Half Barik Rice, Porotta (1), Dal, Chicken Xacuti (Weeks 2 & 4)	Half Barik Rice, Roti, Dal, Sausage Curry (Weeks 1 & 3); Half Barik Rice, Roti, Dal, Chicken Xacuti (Weeks 2 & 4)
Tue	Kulcha (1), Half Barik Rice, Vendakka Masala, Chicken Hariyali (Weeks 1 & 3); Bhatura (1), Vendakka Masala, White Chana Curry (Weeks 2 & 4)	Kulcha (1), Half Barik Rice, Bhindi Masala, Chicken Hariyali (Weeks 1 & 3); Bhatura (1), Bhindi Masala, White Chana Curry (Weeks 2 & 4)
Wed	Kallappam (3), Egg Stew (Weeks 1 & 3); Puri, Egg Korma (Weeks 2 & 4)	Half Barik Rice, Porotta (1), Egg Stew, Dal (Weeks 1 & 3); Half Barik Rice, Puri, Egg Korma, Dal (Weeks 2 & 4)
Thu	Half Barik Rice, Chapati (2), Shahi Chicken Kofta, Veg Curry	Half Barik Rice, Chapati (2), Shahi Chicken Kofta, Veg Curry
Fri	Kappa Biryani, Kachumber (Weeks 1 & 3); Kothu Porotta, Salna (Week 2); Puttu Biryani, Raita (Week 4)	Half Rice, Chapati (2), Burji Curry, Moong Dal, Pickle
Sat	Special Pulao, Gravy (Week 1); Chicken Kabsa, Salsa (Week 2); Chicken Mandi, Salsa (Week 3); Ghee Rice, Beef Curry, Vinegar Salad (Week 4)	Special Pulao, Gravy (Week 1); Chicken Kabsa, Salsa (Week 2); Chicken Mandi, Salsa (Week 3); Ghee Rice, Mushroom Curry, Vinegar Salad (Week 4)

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MEAL BANDA

STREET TIFFIN

VEG

SOUTH INDIAN + NORTH INDIAN

1 MEAL	2 MEALS	3 MEALS
AED 210	AED 340	AED 420

BREAKFAST

	SOUTH INDIAN	NORTH INDIAN
Mon	Uthappam, Sambar, Chutney	Dhokla, Green Chutney, Sweet Chutney
Tue	Veg Macaroni, Veg Salna	Veg Macaroni, Veg Salna
Wed	Upma, White peas curry (Weeks 1 & 3); Semiya Upma (Weeks 2 & 4)	Chapati, Black Chana
Thu	Idli, Sambar, Chutney (Weeks 1 & 3); Special Idli, Sambar, Chutney (Weeks 2 & 4)	Pav, White Chana, Onion Chop, Lemon
Fri	Puttu, White Chana	Porotta, Aloo Bhaji
Sat	Dosa, Sambar, Chutney (Weeks 1 & 3); Masala Dosa, Sambar, Chutney (Weeks 2 & 4)	Chapati, Veg Korma

LUNCH

	SOUTH INDIAN	NORTH INDIAN
Mon	Rice, Moru Curry, Dal, Upperi (Weeks 1 & 3); Rice, Veg Curry, Dal, Upperi (Weeks 2 & 4)	Rice, Dal, Gobi Fry, Pickle, Raita (Weeks 1 & 3); Rice, Mushroom Curry, Pickle, Raita (Weeks 2 & 4)
Tue	Rice, Mix Veg Curry, Upperi, Inji Moru	Barik Rice, Mix Veg Curry, Raita, Aloo Jeera
Wed	Special Rice, Chole Tikka Masala, Raita	Special Rice, Chole Tikka Masala, Raita
Thu	Rice, Pachadi, Rasam, Upperi	Barik Rice, Dal, Raita, Ivy Gourd Fry
Fri	Veg Biryani, Raita, Pickle, Dessert	Veg Biryani, Raita, Pickle, Dessert
Sat	Rice, Soya Chukka, Upperi, Rasam	Barik Rice, Soya Chukka, Raita, Pickle

DINNER

	SOUTH INDIAN	NORTH INDIAN
Mon	Half Barik Rice, Porotta (1), Dal, Green Peas Curry	Half Barik Rice, Roti, Dal, Green Peas Curry
Tue	Half Barik Rice, Kulcha (1), Vendakka Masala, White Chana Curry (Weeks 1 & 3); Half Barik Rice, Bhatura (1), Vendakka Masala, White Chana Curry (Weeks 2 & 4)	Half Barik Rice, Kulcha (1), Bhindi Masala, White Chana Curry (Weeks 1 & 3); Half Barik Rice, Bhatura (1), Bhindi Masala, White Chana Curry (Weeks 2 & 4)
Wed	Kallappam (3), Veg Korma (Weeks 1 & 3); Puri, Veg Korma (Weeks 2 & 4)	Half Barik Rice, Porotta (1), Veg Korma, Dal (Weeks 1 & 3); Half Barik Rice, Puri, Veg Korma, Dal (Weeks 2 & 4)
Thu	Half Barik Rice, Chapati (2), Dal, Veg Curry	Half Barik Rice, Chapati (2), Dal, Veg Curry
Fri	Veg Kappa Biryani, Kachumber (Weeks 1 & 3); Veg Kothu Porotta, Salna (Week 2); Veg Puttu Biryani, Raita (Week 4)	Half Rice, Chapati (2), Subzi, Moong Dal
Sat	Veg Special Pulao, Gravy (Week 1); Veg Makluba, Salsa (Weeks 2 & 3); Ghee Rice, Mushroom Curry, Vinegar Salad (Week 4)	Veg Special Pulao, Gravy (Week 1); Veg Makluba, Salsa (Weeks 2 & 3); Ghee Rice, Mushroom Curry, Vinegar Salad (Week 4)

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MEAL BANDA

STREET TIFFIN

PREMIUM EXECUTIVE

SOUTH INDIAN + NORTH INDIAN

1 MEAL	2 MEALS	3 MEALS
AED 320	AED 440	AED 520

BREAKFAST

	SOUTH INDIAN	NORTH INDIAN
Mon	Uthappam, Chicken Salna, Chutney	Dhokla, Chicken Salna, Chutney
Tue	Chicken Macaroni, Boiled Egg (Week 1); Veg Macaroni, Salna, Boiled Egg (Weeks 2 & 4); Egg Macaroni, Salna, Boiled Egg (Week 3)	Chicken Macaroni, Boiled Egg (Week 1); Veg Macaroni, Salna, Boiled Egg (Weeks 2 & 4); Egg Macaroni, Salna, Boiled Egg (Week 3)
Wed	Upma, White peas curry, Boiled Egg (Weeks 1 & 3); Semiya Upma, Boiled Egg (Weeks 2 & 4)	Chapati, Black Chana, Boiled Egg
Thu	Idli, Chicken Salna, Chutney (Weeks 1 & 3); Special Idli, Chicken Salna, Chutney (Weeks 2 & 4)	Pav, White Chana, Onion Chop, Lemon
Fri	Puttu, White Chana, Boiled Egg	Porotta, White Chana, Boiled Egg
Sat	Dosa, Chicken Salna, Chutney (Weeks 1 & 3); Masala Dosa, Sambar, Chutney (Weeks 2 & 4)	Chapati, Veg Korma

LUNCH

	SOUTH INDIAN	NORTH INDIAN
Mon	Rice, Moru Curry, Chicken Fry, Dal, Upperi, Pickle, Papad (Weeks 1 & 3); Rice, Chicken Curry, Dal, Upperi, Pickle, Papad (Weeks 2 & 4)	Rice, Dal, Chicken Fry, Raita, Pickle, Papad (Weeks 1 & 3); Rice, Chicken Curry, Raita, Pickle, Papad (Weeks 2 & 4)
Tue	Rice, Fish Chilli Curry, Fish Fry, Inji Moru, Upperi, Pickle, Papad	Barik Rice, Chicken Curry, Raita, Aloo Jeera, Pickle
Wed	Special Rice, Egg Tikka Masala, Chicken Fry, Raita, Dessert	Special Rice, Egg Tikka Masala, Chicken Fry, Raita, Dessert
Thu	Rice, Sambar, Pachadi, Upperi, Fish Fry, Pickle, Papad	Barik Rice, Dal, Raita, Chicken Fry, Scrambled Egg, Pickle
Fri	Chicken Biryani (Week 1); Beef Biryani (Week 2); Malabar Chicken Dum Biryani (Week 3); Amboor Chicken Biryani, Boiled Egg, Raita, Pickle, Dessert (Week 4)	Chicken Biryani (Weeks 1 & 2); Malabar Chicken Dum Biryani (Week 3); Amboor Chicken Biryani, Boiled Egg, Raita, Pickle, Dessert (Week 4)
Sat	Rice, Fish Coconut Curry, Fish Fry, Rasam, Upperi, Pickle	Barik Rice, Soya Chukka, Chicken Fry, Raita, Pickle

DINNER

	SOUTH INDIAN	NORTH INDIAN
Mon	Half Barik Rice, Porotta (1), Sausage Curry, Fish Curry (Weeks 1 & 3); Half Barik Rice, Porotta (1), Sausage Curry, Chicken Xacuti (Weeks 2 & 4)	Half Barik Rice, Roti, Chicken Xacuti, Sausage Curry
Tue	Half Barik Rice, Kulcha (1), Chicken Hariyali, White Chana Curry (Weeks 1 & 3); Half Barik Rice, Bhatura (1), Chicken Hariyali, White Chana Curry (Weeks 2 & 4)	Half Barik Rice, Kulcha (1), Chicken Hariyali, White Chana Curry (Weeks 1 & 3); Half Barik Rice, Bhatura (1), Chicken Hariyali, White Chana Curry (Weeks 2 & 4)
Wed	Kallappam (3), Egg Stew, Salad (Weeks 1 & 3); Puri, Egg Korma, Salad (Weeks 2 & 4)	Half Barik Rice, Porotta (1), Egg Stew, Veg Korma (Weeks 1 & 3); Half Barik Rice, Puri, Egg Korma, Veg Korma (Weeks 2 & 4)
Thu	Half Barik Rice, Chapati (2); Shahi Chicken Kofta, Veg Curry	Half Barik Rice, Chapati (2), Shahi Chicken Kofta, Veg Curry
Fri	Kappa Biryani, Kachumber (Weeks 1 & 3); Kothu Porotta, Salna (Week 2); Puttu Biryani, Raita (Week 4)	Half Rice, Chapati (2), Burji Curry, Moong Dal, Pickle
Sat	Special Pulao, Gravy (Week 1); Chicken Kabsa, Salsa (Week 2); Chicken Mandi, Salsa (Week 3); Ghee Rice, Beef Curry, Vinegar Salad (Week 4)	Special Pulao, Gravy (Week 1); Chicken Kabsa, Salsa (Week 2); Chicken Mandi, Salsa (Week 3); Ghee Rice, Mushroom Curry, Vinegar Salad (Week 4)

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