



SOUTH INDIAN FOOD



CONTACT US **050 521 6938** 

Breakfast _____

Tiffin Lunch _____

Dinner _____

Breakfast + Tiffin Lunch _____

Breakfast + Dinner _____

Tiffin Lunch + Dinner _____

Breakfast + Tiffin Lunch + Dinner _____

190

290

350

BREAK FAST

WEEK 1

MON CHAPATI + KAALA CHANA
TUE IDLI + SAMBAR + CHUTNEY
WED VEG SEMIYA UPMA
THU ARI DOSA + GREEN PEAS CURRY
FRI PURI + ALOO BHAJI
SAT CHAPATI + EGG CURRY

WEEK 3

MON IDIYAPPAM + POTATO STEW
TUE IDLI + CHUTNEY
WED OATS UPMA
THU ARI DOSA + POTATO KURUMA
FRI PURI + ALOO KI SUBZI
SAT CHAPATI + ANDA ALOO CURRY

WEEK 2

MON CHAPATI + WHITE CHANA MASALA
TUE IDLI + SAMBAR + CHUTNEY
WED UPMA + SAMBAR
THU DOSA + MIX VEG STEW
FRI APPAM + VEG JALFREZI
SAT PARATHA + EGG KADAI

WEEK 4

MON CHAPATI + TIKKA CHANA
TUE IDLI + CHICKEN SALNA
WED MASALA UPMA + TOMATO CHUTNEY
THU ARI DOSA + SAMBAR + CHUTNEY
FRI APPAM + VANPAYARU CURRY
SAT PARATHA + EGG KURUMA



TIFFIN LUNCH

WEEK 1
MON MOTTA / BARIC RICE + FISH CURRY + UPPERI + PICKLE
TUE MOTTA / BARIC RICE + VEG CURRY + UPPERI + PICKLE
WED MOTTA/BARIC RICE+CHICKEN CURRY+UPPERI+PICKLE
THU MOTTA / BARIC + FISH FRY + SIDE CURRY + UPPERI
FRI CHICKEN BIRYANI + RAITA
SAT MOTTA / BARIC RICE + FISH CURRY + UPPERI + PICKLE

WEEK 2
MON MOTTA / BARIC RICE + FISH CURRY + UPPERI + PICKLE
TUE MOTTA / BARIC RICE + VEG CURRY + UPPERI + PICKLE
WED MOTTA/BARIC RICE+CHICKEN CURRY+UPPERI+PICKLE
THU MOTTA / BARIC + FISH FRY + SIDE CURRY + UPPERI
FRI CHICKEN BIRYANI + RAITA
SAT MOTTA / BARIC RICE + FISH CURRY + UPPERI + PICKLE

WEEK 3
MON MOTTA / BARIC RICE + FISH CURRY + UPPERI + PICKLE
TUE MOTTA / BARIC RICE + VEG CURRY + UPPERI + PICKLE
WED MOTTA/BARIC RICE +CHICKEN CURRY + UPPERI+PICKLE
THU MOTTA / BARIC + FISH FRY + SIDE CURRY + UPPERI
FRI CHICKEN BIRYANI + RAITA
SAT MOTTA / BARIC RICE + FISH CURRY + UPPERI + PICKLE

WEEK 4
MON MOTTA / BARIC RICE + FISH CURRY + UPPERI + PICKLE
TUE MOTTA / BARIC RICE + VEG CURRY + UPPERI + PICKLE
WED MOTTA/BARIC RICE +CHICKEN CURRY+UPPERI+PICKLE
THU MOTTA / BARIC + FISH FRY + SIDE CURRY + UPPERI
FRI CHICKEN BIRYANI + RAITA
SAT MOTTA / BARIC RICE + FISH CURRY + UPPERI + PICKLE

DINNER

WEEK 1
MON BARIK RICE+VEG CURRY+KONDATTAM +CHUTNEY POWDER
TUE KHUBZ + ALOO CHICKEN CURRY
WED CHAPATI + MIX VEG BHUNA
THU PARATHA + SOY CHUNK MASALA
FRI BARIK RICE + DHANIYA CHICKEN^{CURRY}
SAT KHUBZ + ALOO DO PYAZA

WEEK 3
MON BARIK RICE+VEG CURRY+KONDATTAM +CHUTNEY POWDER
TUE KHUBZ + CHICKEN KADAI
WED CHAPATI + WHITE CHANA MASALA
THU KHUBZ + MATAR KEEMA
FRI BARIK RICE + CHICKEN DO PYAZA + PICKLE
SAT KHUBZ + MIX VEG KORMA

WEEK 2
MON BARIK RICE + SOY CHUNK KADAI + PICKLE
TUE KHUBZ + CHICKEN MASALA
WED CHAPATI + VEG JALFREZI
THU CHAPATI + SOY KADAI
FRI BARIK RICE + HARIYALI CHICKEN^{CURRY}
SAT PARATHA + NAVARATAN KORMA

WEEK 4
MON BARIK + DAL FRY + SOY CHUNK FRY
TUE KHUBZ + CHICKEN RED CURRY
WED CHAPATI + VEG DO PYAZA
THU CHAPATI + SUBZI DRY
FRI BARIK RICE + CHICKEN MASALA
SAT PARATHA + MIX VEG CURRY