



South INDIAN

CALL US :
050 990 3696



Breakfast	160
Tiffin Lunch	200
Dinner	
Breakfast + Tiffin Lunch	300
Breakfast + Dinner	320
Tiffin Lunch + Dinner	340
Breakfast + Tiffin Lunch + Dinner	360

For 26 Days! Sundays Excluded!

		WEEK 1	WEEK 2	WEEK 3	WEEK 4
BREAKFAST	MON	Idiyappam + Green Peas Curry	Idiyappam + Egg Kuruma	Idiyappam + Potato Stew	Chapati + Tikka Chana
	TUE	Idli + Sambar + Chutney	Idli + Sambar + Chutney	Idli + Chutney (3 Type)	Idli + Chicken Salna
	WED	Veg Semiya Upma	Upma + Sambar	Oats Upma	Masala Upma + Tomato Chutney
	THU	Dosa + Green Peas Curry	Ari Dosa + Mix Veg Stew	Ari Dosa + Potato Kuruma	Ari Dosa + Sambar + Chutney
	FRI	Puri + Aloo Bhaji	Appam + Veg Jalfrezi	Puri + Egg Kuruma	Appam + Vanpayaru Curry
	SAT	Puttu + Cherupayar Curry	Puttu + Kadala Curry	Puttu + White Chana Curry	Wheat Puttu + Egg Kuruma
	TIFFIN LUNCH	MON	Motta / Barik Rice + Fish Curry + Side Curry + Upperi + Pickle	Motta / Barik Rice + Fish Curry + Side Curry + Upperi + Pickle	Motta / Barik Rice + Fish Curry + Side Curry + Upperi + Pickle
TUE		Motta / Barik Rice + Veg Curry + Side Curry + Upperi + Pickle + Kondattam + Papad	Motta / Barik Rice + Veg Curry + Side Curry + Upperi + Pickle + Kondattam + Papad	Motta / Barik Rice + Veg Curry + Side Curry + Upperi + Pickle + Kondattam + Papad	Motta / Barik Rice + Veg Curry + Side Curry + Upperi + Pickle + Kondattam + Papad
WED		Motta / Barik Rice + Chicken Curry + Upperi + Pickle	Motta / Barik Rice + Chicken Curry + Upperi + Pickle	Motta / Barik Rice + Chicken Curry + Upperi + Pickle	Motta / Barik Rice + Chicken Curry + Upperi + Pickle
THU		Motta / Barik + Fish Fry + Side Curry + Upperi + Pickle	Motta / Barik + Fish Fry + Side Curry + Upperi + Pickle	Motta / Barik + Fish Fry + Side Curry + Upperi + Pickle	Motta / Barik + Fish Fry + Side Curry + Upperi + Pickle
FRI		Chicken Biryani + Raita + Pickle + Sweet	Chicken Biryani + Raita + Pickle + Sweet	Chicken Biryani + Raita + Pickle + Sweet	Chicken Biryani + Raita + Pickle + Sweet
SAT		Motta / Barik Rice + Fish Curry + Fish Fry + Upperi + Pickle	Motta / Barik Rice + Fish Curry + Fish Fry + Upperi + Pickle	Motta / Barik Rice + Fish Curry + Fish Fry + Upperi + Pickle	Motta / Barik Rice + Fish Curry + Fish Fry + Upperi + Pickle
DINNER		MON	Chapati + Egg Masala	Chapati + Veg Kurma	Chapati + Veg Curry
	TUE	Kallappam + Potato Stew	Kallappam + Chicken Stew	Kallappam + Chicken Masala	Kallappam + Veg Kurma
	WED	Paratha + Aloo Mattar	Paratha + Beef Roast	Paratha + Mattar Masala	Paratha + Veg Jalfrezi
	THU	Chapati + Chilli Gopy	Chapati + Veg Stew	Chapati + Chicken Stew	Chapati + Soya Chunk Masala
	FRI	Wheat Puttu + Fish Curry	Wheat Puttu + Red Chicken Curry	Wheat Puttu + Aloo Chana	Wheat Puttu + Egg Peper Masala
	SAT	Ghee Rice + Chicken Pepper Masala + Pickle	Ghee Rice + Chicken Kadai + Pickle	Ghee Rice + Beef Curry + Pickle	Ghee Rice + Nadan Chicken Curry + Pickle



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BREAKFAST	MON	Chapati + Kaala Chana	Puri + White Chana Masala	Chapati + Chana Saag	Puri + Tikka Chana
	TUE	Paratha + Anda Burji	Chapati + Soya Burji	Paratha + Egg Curry	Chapati + Egg Do Pyaza
	WED	Veg Semiya Upma	Paratha + Rajma Masala	Chapati + Aloo Palak	Paratha + Beans Masala
	THU	Idli Dhokla + Green Chutney + Sweet Chutney	Poha + Green Chutney + Sweet Chutney	Idli Dhokla + Green Chutney + Sweet Chutney	Poha + Green Chutney + Sweet Chutney
	FRI	Puri + Aloo Bhaji	Pav + Bhaji + Onion Chop + Lemon	Puri + Aloo Ki Subzi	Pav + Bhaji + Onion Chop + Lemon
	SAT	Chapati + Egg Curry	Paratha + Egg Kadai	Chapati + Anda Aloo Curry	Paratha + Egg Roast
	TIFFIN LUNCH	MON	Chapati or Barik Rice + Chicken Curry + Veg Fry + Pickle	Chapati or Barik Rice + Chicken Curry + Veg Fry + Pickle	Chapati or Barik Rice + Chicken Curry + Veg Fry + Pickle
TUE		Barik Rice + Veg Kholapuri + Raita	Barik Rice + Veg Do Pyaza + Pickle	Chapatu + Subzi + Pickle	Barik Rice + Veg Kholapuri + Raita
WED		Chapati or Barik Rice + Special Chicken Curry + Veg Fry + Pickle	Chapati or Barik Rice + Special Chicken Curry + Veg Fry + Pickle	Chapati or Barik Rice + Special Chicken Curry + Veg Fry + Pickle	Chapati or Barik Rice + Special Chicken Curry + Veg Fry + Pickle
THU		Barik + Veg Kadai + Veg Fry + Pickle	Barik + Matar Mushroom Masla + Veg Fry	Barik + Veg Kadai + Veg Fry + Pickle	Barik + Lauki Subzi + Veg Fry
FRI		Chicken Biryani + Raita	Chicken Biryani + Raita	Chicken Biryani + Raita	Chicken Biryani + Raita
SAT		Barik Rice + Veg Do Pyaza + Pickle	Barik Rice + Veg Curry + Veg Fry	Barik Rice + Lobia Masala+ Pickle	Barik Rice + Veg Jalfrezi + Raita
DINNER		MON	Barik Rice + Rajma Masala + Pickle	Barik Rice + Soy Chunk Kadai + Raita	Barik Rice + Matat Paneer + Pickle
	TUE	Chapati + Aloo Chicken Curry	Chapati + Chicken Masala	Chapati + Chicken Kadai	Chapati + Chicken Red Curry
	WED	Chapati + Mix Veg Bhuna	Chapati + Bhindi Masala + Pickle	Chapati + White Chana Masala	Chapati + Veg Do Pyaza
	THU	Paratha + Soy Chunk Masala	Chapati + Soy Kadai	Chapati + Matar Keema	Chapati + Subzi Dry
	FRI	Barik Rice + Dhaniya Chicken Curry	Barik Rice + Hariyali Chicken Curry	Barik Rice + Chicken Do Pyaza + Pickle	Barik Rice + Chicken Masala
	SAT	Chapati + Lauki Aloo Subzi + Salad	Paratha + Navaratan Korma	Chapati + Mix Veg Korma	Paratha + Palak Subzi + Pickle