

March 23rd, 2026
Monday



Today's MENU

BREAKFAST

7:00am – 10:30am

Paneer paratha served with
curd & pickle
Macaroni upma
Misal pav
Choco chip pancake
Idli

Vrat ka namkeen
Fasting chips
Curd
Cut fruits

LUNCH

12:30pm – 3:30pm

UTTAR SE DAKSHIN

Jeera rice
Akkha moong dal
tadka
Malvani gobhi
Mushroom matar
lababdar
Chapati
Salad
Papad
Raita
Bhuna murgh gravy

FASTING MENU

Vrat ke aloo
Sabudana khichdi
Cucumber salad
Lauki halwa
Curd

TWO GOOD

Veg & non veg kebab
counter
Sheer kurma

DINNER

8:00pm – 11:00pm

Jeera rice
Dal pappu
Aloo palak
Chapati
Papad
Raita
Besan barfi
Adraki murgh

FASTING MENU

Phaldari kofta
Sabudana khichdi
Cucumber salad
Sabudana kheer
Curd

TWO GOOD

Veg biryani
Murg tandoori biryani
Boondi raita
Shahi tukda

LIVE COUNTER

Dessert

Rice phirni

Snacks

Mac n cheese
Kekda bhaji
Kachori chaat
Oats and vegetable
chilla

FASTING

Vrat ka namkeen
Fasting chips
Curd
Cut fruits



March 24th, 2026
Tuesday

Today's MENU

BREAKFAST

7:00am – 10:30am

Cutting chai
Banarasi lassi
Mohabbat ka sharbat
Mathura kadhai wala doodh
Fateh chand ki kachori

Chowk ka paneer paratha
Karol bagh ka moonglet
French toast / Idli
Vrat ka namkeen
Fasting papad
Curd
Cut fruits

LUNCH

12:30pm – 3:30pm

UTTAR SE DAKSHIN

Steam rice
Moong dal tadka
Rajma rasila
Tawa veg gravy
Chapati
Salad
Papad
Raita
Homestyle chicken

FASTING MENU

Tadka aloo
Sweet potato vada
Cucumber salad
Moraiya kheer
Curd

STREATS

Mumbaiya tawa pulao
Dariyaganj ke poori chole
Thaggu ka laddoo

DINNER

8:00pm – 11:00pm

Steam rice
Dal palak
Gobi adraki
Chapati
Papad
Raita
Coconut payasam
Bagara murgh

FASTING MENU

Vrat ke aloo
Fasting chips
Cucumber salad
Lauki halwa
Curd

STREATS

Allahabad ki subz
tehri
Agra bedmi poori
Jaleba (Gohana,
Haryana)

LIVE COUNTER

Dessert

Gulab jamun

Snacks

Jaipur ki sev papdi chaat
& khao galli toasty
Sabudana vada pav
Responsible samosa with
peanut thecha
Saag wala set dosa
served with tomato
chutney

FASTING MENU

Vrat ka namkeen
Fasting papad
Curd
Cut fruits



March 25th, 2026
Wednesday

Today's MENU

BREAKFAST 7:00am – 10:30am

Pesarattu with ginger chutney Vrat ka namkeen
Lemon poha Fasting chips
Dal vada with chutney Curd
Banana pancake Cut fruits
Idli

LUNCH 12:30pm – 3:30pm

UTTAR SE DAKSHIN

Jeera rice
Dal nariyal tadka
Baoli handi
Sev tamatar rassa
Chapati
Salad
Papad
Raita
Chicken Chettinad

FASTING MENU

Phaldari kofta
Fasting chips
Cucumber salad
Sabudana kheer
Curd

DINNER

8:00pm – 11:00pm

Jeera rice
Dal dhokli
Sev tamatar ki subzi
Chapati
Papad
Raita
Rawa sheera
Gavran chicken

FASTING MENU

Tadka aloo
Sabudana vada
Cucumber salad
Moraiya kheer
Curd

TWO GOOD

Palak paneer with
makki ki roti
Butter chicken with
jeera rice

LIVE COUNTER

LUNCH

Western Combo
Mediterranean grilled
paneer with creamy
basil sauce/spinach
ricotta Chicken roulade
with herb jus
served with garlic
bellpepper pilaf, tossed
salad

Dessert

Sabudana
payasam

Snacks

Kulcha pakoda
Veg/non veg pizza
Dahi bhalla
Kala chana tikki with
yogurt dip
Chicken nuggets

FASTING MENU

Vrat ka namkeen
Fasting chips
Curd
Cut fruits



March 26th, 2026
Thursday



Today's MENU

BREAKFAST

7:00am – 10:30am

Missi poori with aloo
hing rassa
Bread upma
Medu vada
Waffle station / Idli

Vrat ka namkeen
Fasting papad
Curd
Cut fruits

LUNCH

12:30pm – 3:30pm

UTTAR SE DAKSHIN

Steam rice
Dal Amaravati
Suran Kadala Gassi
Vegetable kofta curry
Chapati
Salad
Papad
Raita
Chicken kali mirch

FASTING MENU

Vrat ke aloo
Sabudana vada
Cucumber salad
Lauki halwa
Curd

ALL IN ONE

Ankapuri paneer curry/kodi guddu
iguru
Bagara khana/bajra aur palak
paratha

DINNER

8:00pm – 11:00pm

Steam rice
Dal tamatar
Bhuna subzi
Chapati
Papad
Raita
Coconut laddoo
Khade masala wala murgh

FASTING MENU

Dahi aloo
Vrat ka namkeen
Cucumber salad
Sabudana kheer
Curd

ALL IN ONE

Achari subz roll
(mint chutney, laccha
onion)
Mumbai chicken triple
Schezwan rice
(shredded kimchi, fried
noodles)

LIVE COUNTER

Dessert

Pineapple sheera

Snacks

Corn cheese ball
Pani puri, dahi puri, sev
puri
Nachos station
Sweet corn station

FASTING MENU

Vrat ka namkeen
Fasting papad
Curd
Cut fruits



March 27th, 2026
Friday



Today's MENU

BREAKFAST 7:00am – 10:30am

Sabudana batata khichdi
Dal pakwan served with chop
onion & lemon
Vegetable upma bhat
Cinnamon French toast
Idli

Vrat ka namkeen
Fasting chips
Curd
Cut fruits

LUNCH 12:30pm – 3:30pm

UTTAR SE DAKSHIN

Jeera rice
Rajasthani kadhi
Gajar gobi matar
Palak corn
Chapati
Salad
Papad
Raita
Chicken lababdar

FASTNG MENU

Dahi aloo
Vrat ka namkeen
Cucumber salad
Sabudana kheer
Curd

TWO GOOD

Veg/non-veg khao suey

DINNER 8:00pm – 11:00pm

Jeera rice
Dal panchmel
Turai kala channa
Chapati
Papad
Raita
Sevian kheer
Chicken banjara

FASTING MENU

Phaldari kofta
Sweet potato vada
Cucumber salad
Sabudana kheer
Curd

FASTING MENU

Pasta counter
Veg/non veg

LIVE COUNTER

Dessert

Banana apple custard

Snacks

Potato podi kurkure
Mini oriental roll
Tandoori papdi chaat
Tadka idli
Egg bonda

FASTING MENU

Vrat ka namkeen
Fasting chips
Curd
Cut fruits



All Day

MENU



Eggs to order

*Not available during lunch

Maggie varieties

*Not available during lunch

Bread, Butter, Jam

Dosa/Uttapam Varieties

Stuffed Paratha

Chilla Varieties

French Fries/Potato Wedges

Poha/Upma/Oats

Idli Varieties

Night MENU



12:00am-3:30am

12:00am-7:00am

Monday

Goli bajji
Kadhi kachori
Veg sewaiyan upma
Badam milk, turmeric milk
Idli with chutney & sambar
Maggi variety

Tuesday

Onion bhajiya
Veg/non-veg pizza
Pitod ka chat
Beaten coffee, turmeric milk
Idli with chutney & sambar
Maggi variety

Wednesday

Tomato poha
Dabeli
Hara bhara kabab
Badam milk, turmeric milk
Idli with chutney & sambar
Maggi variety

Thursday

Dragon potato
Momos
Veg chilla roll
Hot chocolate, turmeric milk
Idli with chutney & sambar
Maggi variety

Friday

Pyazi
Papdi chat
Steamed corn
Tulsi ginger kadha, turmeric milk
Idli with chutney & sambar
Maggi variety

Eggs to order
Dosa variety
Aloo paratha with curd
Paneer paratha with curd
Upma
Uttapam

Eggs to order
Dosa variety
Aloo paratha with curd
Paneer paratha with curd
Upma
Uttapam

Eggs to order
Dosa variety
Aloo paratha with curd
Paneer paratha with curd
Upma
Uttapam

Eggs to order
Dosa variety
Aloo paratha with curd
Paneer paratha with curd
Upma
Uttapam

Eggs to order
Dosa variety
Aloo paratha with curd
Paneer paratha with curd
Upma
Uttapam

March 23rd, 2026

Monday



nutrifare
nutrients from a variety of food



BREAKFAST

8:00am – 10:00am

Breakfast muesli milk

Ragi rice idli

Carrot multigrain roti with watana gassi

Omelette stuffed multigrain kulcha with dhaniya raita

Oats with milk, jaggery and honey

Masala oats with vegetable

LUNCH

12:30pm – 3:30pm

Missi roti

Paneer matar bhurji

Jeera brown rice

Methi murg

SNACKS

4:00pm – 6:30pm

Cornflakes peanut poha mixture

BEVERAGES

08:00am - 9:00pm

Ragi ambali

Bel shot

Masala oats

Salads

11 am to 6 pm

**Sprout & kala
chana salad**

Fattoush salad

Tossed green salad

Basil pesto sauce

Sandwiches

8 am to 6 pm

**Grilled vegetable
and tomato pesto
in multigrain bread**

**Boiled egg and
tomato sandwich in
multigrain bread**

Dessert

11 am to 9 pm

Ghee atta halwa

March 24th, 2026

Tuesday



nutrifare
nutrients from a variety of food



BREAKFAST

8:00am – 10:00am

Milk oats with dry fruit & honey
Matar poha
Sprout suji dhokla with green chutney
Egg fritata with multigrain toast
Masala oats with vegetable
Oats with milk, jaggery and honey

LUNCH

12:30pm – 3:30pm

Ragi set dosa
Mukkala iguru
Ragi set dosa
Kodi iguru

SNACKS

4:00pm – 6:30pm

Rasilla dhokla

BEVERAGES

08:00am - 9:00pm

Wheatgrass shot
Papaya, lemon and coriander shot
Corn flakes & oats honey

Salads

11 am to 6 pm

**Sprout & kala
chana salad**
**Roasted sweet
potato salad**
Tossed green salad
**Herb lemon
vinaigrette**

Sandwiches

8 am to 6 pm

**Cajun spiced tofu
in whole wheat
tortilla**

**Cajun spiced
chicken and
pepper in whole
wheat tortilla**

Dessert

11 am to 9 pm

**Coconut nuts
jaggery barfi**

March 25th, 2026
Wednesday



nutrifare
nutrients from a variety of food



BREAKFAST

8:00am – 10:00am

Breakfast muesli milk
Steamed vegetable multigrain muthiya with green chutney
Khamiri chawal roti with santhali chutney
Oats with milk, jaggery and honey
Masala oats with vegetable
Anda vegetable bhurji with multigrain roti

LUNCH

12:30pm – 3:30pm

Chapati
Sprout dhoka kalia
Dhaniya millet rice
Kancha lonka murgi

SNACKS

4:00pm – 6:30pm

South Indian tempered vegetables sooji balls

BEVERAGES

08:00pm - 9:00pm

Sathumavu koozh with pickle (Multigrain probiotic drink)
Kadha with honey
Masala oats

Salads

11 am to 6 pm

**Sprout & kala
chana salad
Roasted peanut
salad
Tossed green salad
Sesame honey
vinaigrette**

Sandwiches

8 am to 6 pm

**Corn and
bellpepper
sandwich in whole
wheat baguette**

**Grilled chicken
and bellpepper
sandwich in whole
wheat baguette**

Dessert

11 am to 9 pm

Multigrain laddoo

March 26th, 2026
Thursday



nutrifare
nutrients from a variety of food



BREAKFAST

8:00am – 10:00am

Milk dalia with banana
Oats vegetable uttapam with chutney
Daliya upma with tomato chutney
Oats with milk, jaggery and honey
Masala oats with vegetable
Herbs and hard-boiled eggs on brown bread toast (mustard vinaigrette dressing)

LUNCH

12:30pm – 3:30pm

Multi grain set dosa / Chapati
Tofu subz chettinad
Carrot matar brown rice
Kothimira kodi kura (coriander chicken curry
South Indian style)

SNACKS

4:00pm – 6:30pm

Stuffed raw banana pattice with paprika yogurt dip

BEVERAGES

08:00am - 9:00pm

Tulsi giloy shot
Beetroot kanji
Corn flakes & oats honey

Salads

11 am to 6 pm

**Sprout & kala
chana salad**

**Vegetable tacos
salad**

**Tossed green salad
Lemon pepper
dressing**

Sandwiches

8 am to 6 pm

**Grilled wholewheat
pita with fatoush**

**Grilled wholewheat
pita with chicken
fatoush**

Dessert

11 am to 9 pm

Brown rice kheer

March 27th, 2026
Friday



nutrifare
nutrients from a variety of food



BREAKFAST

8:00am – 10:00am

Breakfast muesli milk
Dudhi ginger set dosa, sambhar, chutney
Veg haleem with curd
Oats with milk, jaggery and honey
Masala oats with vegetable
Egyptian shakshuka with multigrain bread slice

LUNCH

12:30pm – 3:30pm

Nutrela & sabz brown rice biryani
Cucumber carrot raita
Anda brown rice biryani
Cucumber carrot raita

SNACKS

4:00pm – 6:30pm

Masala bhel

BEVERAGES

08:00am - 9:00pm

Green goddess shot
Shola koozh with pickle (Bajra probiotic drink)
Masala oats

Salads

11 am to 6 pm
**Sprout & kala
chana salad**
**Chickpeas &
quinoa salad**
Tossed green salad
Italian dressing

Sandwiches

8 am to 6 pm

**Kerala style roast paneer
sandwich**
**Kerala kozhi roast
sandwich**

Dessert

11 am to 9 pm

Oats barfi