



Meal Service - Ingredients List

Breakfast

Dish	Ingredients
Avocado Toast	Avocado, tomatoes, onions, celery, pepper, salt to taste
Baked Beans w/ Garlic Bread	Kidney beans, tomato sauce, onions, leek celery
Cheese Toast	Bread, butter, grated cheese
Coconut Chutney	Grated coconut, lentils, ginger, tamarind, coconut milk, salt
Coleslaw Mayo sandwich	Wheat bread, grated carrots, grated cabbage, mayonnaise, honey, slight pepper, salt to taste
Cottage Cheese Veggie Wrap	Flour, cottage cheese, capsicum, carrot, corn



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Cut Fruits w/ Yoghurt	Assorted fruits, sweetened yoghurt
Korean Vegetable fried Rice	Short grain rice, assorted vegetables, garlic, kimchi paste, cabbage, soya sauce
Mini Apple Cinnamon spiced Pancakes	All-purpose flour, baking powder, sugar, vanilla extract, milk, butter. Apple, brown sugar, cinnamon
Mini falafel with Pita & Yoghurt Dip	Pita bread, Chickpeas, mixed herbs, yoghurt
Multigrain Tomato Pesto Toast	Pesto paste, fine chopped tomatoes, grated parmesan cheese
Pancake w/ syrup	Flour, butter, milk, sugar, vanilla essence



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Poha w/ Peas & Carrots	Flattened rice, peas, carrots, potatoes, tomato, curry leaf, mustard seeds, lemon
Stuffed Paratha	Wheat dough, mashed potatoes, onion, coriander, salt
Veg Uttapam	Fermented rice, semolina, lentils, onions, tomatoes, carrots, salt, oil
Vegetables & Cheese Quesadilla	Flour, Milk powder, yeast, bell peppers, sweet corn, cottage cheese, salt to taste
Vermicelli w/ Vegetables	Vermicelli, salt, turmeric, finely chopped carrots, beans, onions, green peas
Wholewheat Bread Butter Jam s/w	Wholewheat bread, jam, butter



Meal Service - Ingredients List

Lunch/ Add Ons/ Snacks

Dish	Ingredients
Baked Potato Wedges	Potato, butter, garlic
Baked Sweet Potato Sticks	Sweet potato, butter, garlic
Chickpea Tomato Herbed Salad	Boiled chickpeas, tomato, parsley, lemon juice, garlic, salt to taste
Chole Bature	Chickpeas, tomato & onion gravy, Bature - Flour, sugar, curd, salt
Corn Soup	Sweet corn, potato broth, cream, salt
Creamy Vegetable Risotto	Short grain rice, veg broth stock, mascarpone cheese, assorted vegetables, parmesan cheese
Garlic Bread	Bread, butter, garlic



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Lunch/ Add Ons/ Snacks

Dish	Ingredients
Hummus	Chickpeas, tahini, lemon juice, garlic, olive oil, salt
Manchurian Sauce	Cabbage grated, carrot, corn starch, dark soya, ginger, garlic, onion, coriander, spring onion, broth powder
Mixed Vegetable Au-gratin	Carrot, beans, potato, green peas, white sauce, flour, butter, milk, cheese
Mixed Vegetable Biryani/ Pulao	Rice, potatoes, cauliflower, soya, green bell pepper, roasted onions, Indian masalas, salt to taste
Parsley Potato	In Vegetable broth boiled potato cubes, parsley, butter, salt to taste



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Lunch/ Add Ons/ Snacks

Dish	Ingredients
Pasta red sauce w/ Vegetables	Assorted vegetables, tomato puree & sauce, cheese grated, Italian seasoning
Pasta Salad	Butter, pepper, carrots, beans, parsley, salt to taste
Potata Bravas	Olive oil, potatoes, salt
Potato Soup	Potato, broth, onions, milk, cream, salt
Pumpkin Soup	Olive oil, roasted pumpkin, onion grated, nutmeg, cinnamon, garlic, vegetable broth, pepper
Sesame Noodles w/ Garlic Veggies	Sesame seeds, Soya sauce, garlic, capsicum, cabbage, onion, carrot, salt to taste



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Lunch/ Add Ons/ Snacks

Dish	Ingredients
Spaghetti Bolognese w/ Soya mince	Olive oil, mince soya, onions, garlic, chopped carrots, celery, tomato, basil, veg stock, pepper, salt to taste
Spring Rolls	Readymade flour sheets, cabbage, carrot, capsicum
Stir-fried Beans & Vegetables	Tofu, Greens beans, carrot, assorted bell peppers, spring onions, black beans sauce
Thai Green Curry	Green curry paste, coconut milk, Assorted vegetables, lemongrass, Thai ginger, kafar lemon leaf
Tomato Bruschetta	Wheat bread toasts, chopped tomato, basil, grated cheese
Tomato Soup	Tomato Puree, basil, salt & sugar to taste



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Upma	Semolina, onions, ginger, carrot, peas, beans, mustard seeds, oil, salt
Vegetable Cutlets	Mix vegetables, peas, tofu, breadcrumbs, oil
Vegetable Fajita Wrap	Tortilla sheets, mix chopped Bell peppers, onions, sliced tomatoes, coriander, fajita seasoning
Vegetable Fried Rice w/ Tofu	Tofu, vegetable broth, carrot, beans, spring onions, soya sauce
Vegetable Lasagna	Pasta sheet, Bell peppers, zucchini, onions, spinach, corn in tomato sauce - baked with cheese



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Vegetable Patty	Potato, chickpeas, green peas, carrot, beans
Vegetable Pizza	Yeast, flour, tomato sauce, bell pepper, onion, corn, mozzarella cheese
Vegetable Schnitzel	Mixed vegetables, peas, tofu. Breadcrumbs, oil.
Veg Momos/ Dumplings w/ sauce	Flour, cabbage, carrot, spring onions, soya keema, homemade tomato sauce



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Dessert

Dish	Ingredients
Baked Apple Slices	Apple, cinnamon, brown sugar, butter
Banana Milkshake	Milk, Banana
Chocolate Mousse	Chocolate compound, cream
Churros w/ Chocolate sauce	Flour, butter, sugar, cinnamon powder, chocolate sauce
Custard w/ fruits	Assorted fruits, milk, custard compound, sugar
Coconut & Date Balls	Grated coconut, dates, butter, condensed milk
Lassi	Beaten curd, sugar



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Dish	Ingredients
Sooji Halva	Semolina, Ghee (clarified butter), sugar syrup, cardamom powder
Sponge Cake	Flour batter, sugar, vanilla,
Sweet Rice Balls	Dates, rice, condensed milk
Vermicelli Pudding/ Kheer	Milk, cinnamon, raisins, condensed milk