

INGREDIENTS LIST-1		
BREAKFAST	Poha w/ peas & carrots	Flattened rice - Peas, carrots, potatoes, tomato, curry leaf, mustard seeds, lemon
	Lassi (Sweet yoghurt)	Beaten Curd, sugar
LUNCH - Mains	Vegetable fried rice w/ soy-glazed tofu	Carrots, peas, tofu, spring onions, soya sauce
Add on	Stir fried Beans & vegetable in sauce	Greens beans, carrot, assorted bell peppers, spring onions, black beans sauce.
SALAD / extra	Chopped cucumber & carrot sticks	
DESSERT	Dates & coconut balls	Grated coconut, dates, butter, condensed milk
SNACK	Steamed dumplings	Carrots, cabbage, spring onions, coriander
BREAKFAST	Mini falafel with pita & yoghurt dip	Pita bread, Chickpea herbed balls, yoghurt dip
	Banana Milkshake	Milk, Banana
LUNCH - Mains	Vegetable Lasagne	Pasta sheet, Bell peppers, zucchini, onions, spinach, corn in tomato sauce - baked with cheese
Add on	Garlic bread	
SALAD / extra	Chopped cucumber & carrot sticks	
DESSERT	Vermicelli pudding (Kheer)	Milk, cinnamon, rasins, condensed milk
SNACK	Fruit bowl	
BREAKFAST	Cut fruits w/ Yoghurt	Seasonal fruits - Banana. Papaya, Apple.
LUNCH - Mains	Creamy Vegetable Risotto	Short grain rice, Veg broth stock, mascarpone cheese, assorted vegetables, parmesan cheese.
Add on	Tomato Bruschetta	Garlic toast, glazed tomato in balsamic, topped with grated cheese
SALAD / extra	Chopped cucumber & carrot sticks	
DESSERT	Sponge cake	Ground flour batter, sugar, vanilla
SNACK	Baked potato Wedges	Potatos chopped, baked, salt to taste
BREAKFAST	Multigran open Tomato pesto toast	Pesto paste, fine chopped tomatoes, grated parmesan cheese.
	Watermelon slices	
LUNCH - Mains	Vegetable Fajita wraps	Tortila sheets, mix chopped Bell peppers, onions, sliced tomatoes, coriander, fajita seasoning
Add on	Potato soup	Potato, broth, onions, milk/cream, salt
SALAD / extra	Chopped cucumber & carrot sticks	
DESSERT	Sweet rice balls	Rice, condensed milk, dates
SNACK	Baked Nachos w/ Salsa	
BREAKFAST	Korean Vegetable fried rice	Short grain rice, assorted vegetables, garlic, kimchi paste, cabbage, soya sauce.
	Banana slices	
LUNCH - Mains	Pasta red sauce w/ Vegetables	Assorted vegetables, tomato sauce, cheese grated, Italian seasoning.
Add on	Baked sweet potato wedges	Butter, salt
SALAD / extra	Chopped cucumber & carrot sticks	
DESSERT	Baked apple slices	Cinnamon, brown sugar, butter.
SNACK	Coleslaw sandwich	wheat bread, grated cabbage & carrots, mayonnaise, pepper, salt

INGREDIENTS LIST-2		
BREAKFAST	Cut fruits w/ Yoghurt	Assorted fruits, sweetened yoghurt
LUNCH - Mains	Vegetable Pizza	Yeast, flour, tomato sauce, bellpepers, onion, corn, Mozzarella cheese
Add on	Pasta salad	Butter, pepper, carrots, beans, parsley, salt to taste
SALAD / extra	Chopped Cucumber	
DESSERT	Sweet rice balls	Condensed milk, dates
SNACK	Tomato Burrucheta	Wheat bread toasts, Chopped tomato, basil, Cheese
BREAKFAST	Vegetables & cheese Quesadilla	Flour, Milk powder, yeast, bellpeppers, sweet corn, cottage cheese, salt to taste
	Banana Milkshake	
LUNCH - Mains	Vegetable Schnitzel w/ mashed potatoes	Veg Patty - mix vegetables, peas, tofu. Bread crumbs, oil.
Add on	Garlic bread	
SALAD / extra	Chopped cucumber & carrot sticks	
DESSERT	Chocolet Mousse	Chocolate compound, cream
SNACK	Baked potato Wedges	Potatos chopped, baked, salt to taste
BREAKFAST	Pancake w/ syrup	Flour, butter, milk, sugar, vanilla essence
	Banana slices	
LUNCH - Mains	Creamy Vegetable Risotto	Short grain rice, Veg broth stock, mascarpone cheese, assorted vegetables, parmesan cheese.
Add on	Tomato soup	Tomato Puree, basil, salt, sugar
SALAD / extra	Mixed greens salad	Cucumber, carrots, beans, Icebearg lettuce
DESSERT	Sponge cake	Ground flour batter, sugar, vanilla
SNACK	Veg Dumplings	Flour, cabbage, carrot, soya mince
BREAKFAST	Coleslaw mayo sandwich	Wheatbread, grated carrots, grated cabbage, mayonnaise, honey, slight pepper, salt to taste
	Cut Apple	
LUNCH - Mains	Thai green curry	Green curry paste, coconut milk, Assorted vegetables, lemongrass, thai ginger, kafar lemon leaf
Add on	Steamed Rice	
SALAD / extra	Spring rolls	Readymade flour sheets, cabbage, carrot, capsicum.
DESSERT	Fruit custard	Assorted fruits, milk, custard compound, sugar
SNACK	Parslay potatoes	Boiled potato cubes (In Vegetable broth), parsley, butter, salt to taste
BREAKFAST	Vermicilli w/ Vegetables	Vermicilli, salt, turmic, finely chopped carrots, beans, onions, green peas.
	Lassi (Sweet youghurt)	
LUNCH - Mains	Pasta red sauce w/ Vegetables	Assorted vegetables, tomato Puree/sauce, cheese grated, Italian seasoning.
Add on	Baked sweet potato wedges	Butter, garlic
SALAD / extra	Chopped cucumber & carrot sticks	
DESSERT	Baked apple slices	Cinnamon, brown sugar, butter.
SNACK	Mix fruit bowl	

INGREDIENTS LIST-3		
BREAKFAST	Cottage cheese veggie wrap	Flour, cottage cheese, capicum, carrot, corn
	Banana milkshake	
LUNCH - Mains	Sesame Noodles w/ garlic veggies	Sesame seeds, Soya sauce, garlic, capicum, cabbage, onion, carrot, salt to taste
Add on	Veg Momos w/ sauce	Flour dough, cabbage, carrot, spring onions, soya keema, homemade tomato sauce
SALAD / extra	Sliced cucumber & cherry tomatoes	
DESSERT	Sweet rice balls	Rice, dates, milkmaid, pumpkin seeds
SNACK	Baked sweet Potato Sticks	
BREAKFAST	Stuffed Paratha	Wheat dough, mashed potatoes, onion, corriander, salt
	Curd	
LUNCH - Mains	Mix Veg Au-gratin (Baked)	Carrot, beans, potato, green peas, white sauce - flour, butter, milk, cheese
Add on	Corn soup	Sweet corn, potato broth, cream, salt
SALAD / extra	Kidney beans tomato salad	
DESSERT	Fresh fruits seasonal	Grated coconut, dates, Condensed milk, butter
SNACK	Hummus w/ Veggie sticks	Chickpeas, tahini, lemon juice, garlic, olive oil, salt
BREAKFAST	Baked beans w/ Garlic bread	kidney beans, tomato sauce, onions, leek celery.
	Banana slices	
LUNCH - Mains	Chole Bature	chickpeas, tomato & onion greavy, Bature - Flour, sugar, curd, salt
Add on	Rice	
SALAD / extra	Cucumber onion salad	
DESSERT	Sooji halva (Semoline)	Semolina, Ghee (clarified butter), sugar syrup, cardamom powder
SNACK	Fruit bowl	
BREAKFAST	Mini Apple Cinnamon spiced pancakes	All purpose Flour, baking powder, sugar, vinalla extract, milk, butter. Apple, brown sugar, cinnamom
	Papaya cubes	
LUNCH - Mains	Veg Fried rice with tofu	Tofu, vegetable broth, carrot, beans, spring onions, soya sauce
Add on	Vegetable manchurian sauce	Cabbage grated, carrot, corn starch, dark soya, ginger, garlic, onion, corriander, spring onion, broth powder
SALAD / extra	Sliced Belpapper & carrots	
DESSERT	Banana Milkshake	Ground flour batter, sugar, vanilla
SNACK	Cheese sandwich	
BREAKFAST	Avacado mix on toast	Avacado, tomatoes, onions, celery, pepper, salt to taste
	Lassi (sweet wipped curd)	
LUNCH - Mains	Vegetable patty sliders	Sliders. Patty - Potato, chickpeas, green peas, carrot, beans - all grated
Add on	Patata bravas (Cubed potato fries)	Olive oil, potatoes, salt
SALAD / extra	Sliced cucumber & cherry tomatoes	
DESSERT	Churros w/ chocolate sauce	Flour, butter, sugar, cinnamon powder - chocholet sauce
SNACK	Spring rolls	Flour & corn starch rolls sheet, grated - cabbage, carrot, capicum, onion, soya sauce, salt

INGREDIENTS LIST-4		
BREAKFAST	Wholewheat bread butter jam s/w	Jam, butter
	Banana milkshake	
LUNCH - Mains	Spaghetti Bolognese (Mince soya sauce)	olive oil, mince soya, onions, garlic, chopped carrots, cellery, tomato, basil, veg stock, pepper, salt
Add on	Stir fried spring beans w/ tofu	Tofu, Greens beans, carrot, assorted bell peppers, spring onions, black beans sauce.
SALAD / extra	Cherry tomatoes & cucumber salad	
DESSERT	Banana Sponge cakes	Ground flour batter, sugar, vanilla, banana
SNACK	Sweet Yoghurt w/ fruits	
BREAKFAST	Multigran open Tomato pesto toast	Pesto paste, fine chopped tomatoes, grated parmesan cheese.
	Watermelon slices	
LUNCH - Mains	Vegetable Fajita wraps	Tortila sheets, mix chopped Bell peppers, onions, sliced tomatoes, coriander, fajita seasoning
Add on	Pumpkin soup	Olive oil, roasted pumpkin, onion grated, nutmeg, cinnamon, garlic, vegetable broth, pepper
SALAD / extra	Sliced bellpeppers & carrot sticks	
DESSERT	Sweet rice balls	Dates, rice, condensed milk
SNACK	Upma (Semolina w/ veggies)	Semolina, onions, ginger, carrot, peas, beans, mustard seeds, oil, salt.
BREAKFAST	Dry Pasta salad w/ chopped vegetables	Butter, pepper, carrots, beans, parsley, salt to taste
	Cut Papaya	
LUNCH - Mains	Vegetable Cutlets	Veg Patty - mix vegetables, peas, tofu. Bread crumbs, oil.
Add on	Baked potato wedges	Butter, Garlic
SALAD / extra	Chickpea tomato herbed salad	Boiled hickpeas, tomato, parsley, lemon juice, garlic, salt to taste
DESSERT	Custard w/ fruits	
SNACK	French fries	
BREAKFAST	Mini falafel with pita & yoghurt dip	Pita bread, Chickpea herbed balls, yoghurt dip
	Apple slices	
LUNCH - Mains	Mix Vegetable Biryani/ Pulao	Rice, potatoes, cauliflower, soya, green bell pepper, roasted onions, indian masalas, salt to taste
Add on	Yoghurt (Raita)	
SALAD / extra	Chopped cucumber & onion salad	
DESSERT	Dates & coconut balls	Grated coconut, dates, butter, condensed milk
SNACK	Cheese toast	Bread, butter, grated cheese
BREAKFAST	Veg Uttapam (South Indian rice pancakes)	Fermented rice, semolina, lentils, onions, tomatoes, carrots, salt, oil
	Coconut chutney	Grated coconut, lentils, ginger, tamarind, coconut milk, salt
LUNCH - Mains	Vegetable Lasagne	Pasta sheet, Bell peppers, zucchini, onions, spinach, corn in tomato sauce - baked with cheese
Add on	Garlic bread	
SALAD / extra	Chopped cucumber & carrot sticks	
DESSERT	Vermicelli pudding (Kheer)	Milk, cinnamon, rasins, condensed milk
SNACK	Fruit bowl	

INGREDIENTS LIST-5		
BREAKFAST	Pav Bhaji (Mashed vegetables/ bread rolls)	Mix vegetables - potato, cauliflower, beans, onions, tomato, bellpeppers, garlic - boiuled mashed and cooked in oil.
LUNCH - Mains	Shahi Paneer (Cottage cheese grevy)	Cottage cheese, onions, garlic & tomato puree, corriander powder, turmeric, salt, oil
Add on	Cumin rice	
SALAD / extra	Tomato cucumber salad	
DESSERT		
SNACK		
BREAKFAST	Millet Muesli w/ warm milk Cornflakes in cold milk	Assorted pre-packed Muesli, warm milk
LUNCH - Mains	Sticky rice	Sticky rice branded
Add on	Stif fried Vegetable & tofu in soya	Tofu, greens beans, carrot, assorted bell peppers, spring onions, saute in Soya sauce.
SALAD / extra	Pickled cucumber & carrots	
DESSERT		
SNACK		
BREAKFAST	Cottage cheese veggie toasted s/w Sweet lassi	Mashed cottage cheese, fried onions, bellpeppers, boiled potato, toasted wheat bread Beaten curd, sugar
LUNCH - Mains	Steam Bao Buns w/ mince soya	All purpose flour, yeast, sugar, milk, butter/olive oil
Add on	Mince soya	Soya granules, ginger, garlic, onions, mix herbs, soya sauce/ oyster sauce, oil, salt, pepper
SALAD / extra	Saute spinich beans & corn salad	Fresh spinich, freanch beans, sweet corn, garlic, lemon, olive oil
DESSERT	Coleslaw mayo salad	Grated cabbage, grated carrots, hung curd, peas, cut belppeppers, mayoniese,
SNACK		
BREAKFAST		
LUNCH - Mains	Puri	Whole wheat flour, semolina, carom seeds (optional), water, salt, oil.
Add on	Sukha Aloo (Potato sabzi)	Boiled potatoes, cummin seeds, turmeric powder, corriander powder, dry mango powder, asafoetida (hing), corriender leaves, salt, oil.
SALAD / extra		
DESSERT		
SNACK		
BREAKFAST		
LUNCH - Mains	Rajma masala (Kidney beans)	Red kidney beans, cumin seeds, onions, ginger garlic paste,tomatoe puree, cumin turmeric & coriender powder, salt & fresh coriander leaves.
Add on	Steamed rice	Basmati rice
SALAD / extra	Noodle soup w/ vegetables	Noodles, mince garlic & ginger, spring onions, chopped cabbage, carrots, capsicum, vetetable stock, soya sauce, vinegar, salt, pepper to taste
DESSERT	Potato wedges	Baked sliced potatoes
SNACK		