



SIMPLE, EASY AND NUTRITIOUS

MENU 1

chapathi + dry sabzi
gravy sabzi / daal
raita
jeera rice
sweet

MENU 2

tangy/tart flavored rice
yoghurt rice + pickle
chapati + dry or gravy sabzi
salad
sweet

MENU 3

khichidi/bhaat
yoghurt rice + pickle
chapati + dry or gravy sabzi
sweet

MENU 4

fried rice/flavored rice
yoghurt rice + pickle
gravy sabzi
legumes salad
sweet

MENU 5

dokla/idli + sambar (opt)
chutney
tangy/tart flavored rice
yoghurt rice + pickle
sweet

MENU 6

puri/chapati + dry sabzi
tangy/tart flavored rice
white rice + daal
raita/yoghurt
sweet

MENU 7

white rice + daal
dry sabzi
yoghurt + pickle
salad
sweet