University Provide Healthy and Affordable Food Choices for All on Campus

Manipal University Jaipur is a center of academic excellence, Manipal University Jaipur is also a community where students, faculty, and staff come together to learn, work, and grow. Ensuring that everyone has access to healthy and affordable food options is not only a matter of well-being but also an essential part of creating an inclusive and supportive campus environment. Manipal University Jaipur provides nutritious and budget-friendly food choices for their diverse academic communities. Manipal University Jaipur understands the Importance of Healthy and Affordable Food Options, Proper nutrition is vital for cognitive function and academic success. A well-fed student or staff member is better equipped to concentrate, learn, and excel in their studies or work. Access to nutritious meals contributes to physical and mental well-being, reducing the risk of chronic health conditions and supporting overall health.

Manipal University Jaipur provides healthy and affordable food choices for all on campus. Manipal University Jaipur offers affordable meal plans that provide students and staff with access to balanced and reasonably priced meals on campus. (Annexure 1) These plans are often customizable to accommodate dietary preferences and restrictions. (Annexure 2) Manipal University Jaipur is diversifying its dining hall menus to include a wide range of healthy options. These may include fresh salads, whole grains, lean proteins, and plant-based choices, ensuring there is something for everyone. Manipal University Jaipur is increasingly sourcing their food locally, supporting regional farmers and reducing the environmental impact of food transportation. This also often results in fresher, healthier food for the campus community. Manipal University Jaipur offers nutrition education programs that teach students and staff about making healthy food choices, cooking skills, and budget-friendly meal planning. Manipal University Jaipur prioritizes supporting local businesses by featuring them in their food courts. These local vendors often focus on sustainable and fresh ingredients.(Picture 5) Manipal University Jaipur has restaurants specializing in specific cuisines, such as Italian, Asian, or Mexican, giving students and staff the chance to indulge in their favorite flavors. (Picture 1, 2, 3 & 4) Local sourcing and sustainable food practices adopted by Manipal University Jaipur align with global sustainability goals, promoting responsible consumption and production.

The provision of healthy and affordable food choices on university campuses is not just a matter of convenience; it is an investment in the well-being and success of the academic community. By offering a variety of nutritious and budget-friendly options, Manipal University Jaipur creates an inclusive and supportive environment where everyone can thrive. These initiatives demonstrate a commitment to the health and financial well-being of students and staff, reflecting the values of empathy and equality that education institutions should uphold.

Picture 1: Affordable and wide range of food variety available at MUJ cafeteria

Picture 2: Food Menu Displayed at MUJ Campus Food Outlet

Picture 3: Images of food menu available in MUJ Hostel

Picture 4: Images of food items available at Coffee Shop in MUJ

Picture 5: Food Samples are regularly monitored in view to provide healthy food choices

Breack fast		
Food	Serving	Calories
FRESH JUICE	1 glass	112
MOONG DAL PARATHAS	1 PC	113
PLAIN PARATHA	1 PC	88
KERALA STYLE GREEN PEAS MASALA	100 g	190.5
PLAIN IDLY	1 PC	60
UDDIN VADA	1 PC	97
ASSORTED DOSA	1 PC	160 -200
GHEE PONGAL	100 g	331
SAMBAR	100 g	110
2 TYPES OF CHUTNEY	100 g	60 - 190
BOILED EGGS	1 PC	63
ASSORTED BREADS	1 PC	76
COOKIES	1 PC	23
CHOCO FLAKES	100	400
ASSORTED FRUITS (2 TYPES)	100 g	63-84
CORNFLAKES CHICKEN	100 g	391
BUTTER	10 g	64
JAM	10 g	24
OLIVE OIL	20 g	120
SUGAR	5 g	18
CHUTNEY POWDER	20 g	60
PICKLE	10 g	14
ALOO PARATHA	1 PC	177
VEG SAGU	100 g	330
MASALA VADA	1 PC	91
MASALA POHA	100 g	178
IDDYAPPAM	1 PC	135
BROWNIE	1 PC	112
OATS	100	379
CHICKEN SAUSAGES	75 g	145
CURD	100 g	61
RAJMA PARATHA	1 PC	178
ALOO BHAJI	100 g	68
SHAVIGE UPPMA	100 g	164.13
VEG CHEESE ROLL	1 PC	176
BANANA FLAKES	100	346
HERBED CHICKEN SUPREME	100 g	210
CORN FLAKES	100 g	381
HOT/COLD MILK	1 glass	200
ALOO & SPRING ONION PARATHA	1 PC	216
MAKKAI PANEER	100 g	168
PARUPPU VADA	1 PC	91
KESARI BATH	100 g	280

KHARA BATH	100 g	240
STUFFED CROSSIEANT	1 PC	300
MUESILI	100 g	413.43
CHICKEN NUGGET	1 PC	59
GREEN PEAS PARATHAS	1 PC	164
KADALA CURRY	100 g	127
KEERAI VADA	1 PC	78
PUTTU	100 g	187
LEMON RICE	100 g	316
FRUIT CAKE	1 PC	139
RAGI BITES	100 g	433
HONEY CHICKEN	100 g	175
GHEE	5 g	45
SOYA KHEEMA PARATHA	1 PC	130
CHANNA MASALA	100 g	109.74
VEGETABLE UPPMA	100 g	209
CORN SPINACH ROLL	1 PC	289
GOBI PARATHA	1 PC	172
VEGETABLE STEW	100 g	56
APPAM	1 PC	99
MASALA IDLY	1 PC	85
CHITRANNA	100 g	135
MULLI PARATHA	1 PC	78
PANEER & ONION PARATHA	1 PC	124
PANEER SAI KURMA	100 g	310
UDDIN BONDA	1 PC	68
PANEER SAI KURMA	100 g	310
RICE SEVIGEA BATH	100 g	178
CINEMMON ROLLS	1 PC	149
PATTANI KURMA	100 g	112
INDORI POHA	100 g	130
MINI DOUGHNUT	1 PC	64
ALOO SAGU	100 g	302
DAL KHICHDI	100 g	203
CHICKEN SANDWICH	100 g	283
SEMIYA BATH	100 g	163
FRESH PEAS MASALA	100 g	149
TAWA BBQ CHICKEN WINGS	100 g	228
VEG SHAHI KURMA	100 g	124
VEGETABLE DALIA KHICHADI	100 g	164
STRAWBERRY CUP CAKE	1 PC	130
PANEER PARATHAS	1 PC	124
MILK MYSORE PAK	1 PC	132
VEG KURMA	100 g	109.47
SEVIKA BATH	100 g	163
TOMATO UPMA	100	213

KERALA CHICKEN CURRY	100 g	126.8
PEANUT POHA	100 g	162
CUP CAKE	1 PC	131
PANEER KURMA	100 g	161
MILLET UPPMA	100 g	279
BLUE BERRY MUFFINS	1 PC	243
VEGETABLE KURMA	100 g	109.47
KANDA POHA	100	174
CHICKEN MULLIGATAWNY SOUP	1 cup	120
LEMON SHAVIGE BATH	100 g	210
MIX VEG PARATHA	1 PC	190
MUTTER PANEER	100 g	189
SEMIYA UPMA	100 g	163
CHOLE MASALA	100 g	140.5
BROKEN WHEAT KITCHADI	100 g	152
SPINACH VADA	1 PC	78
BAKED PANEER ROLL	1 PC	250
METHI PARATHA	1 PC	180
MINI ALOO CHEESE DOSA	1 PC	287.4
CHICKEN PANJABI SAMOSA	1 PC	210
ALOO PEAS MASALA	100 g	155
SPONGE CAKE	1 PC	187
OATS PONGAL	100 g	340
DONOUGHT	1 PC	220
STRAWBERRY MUFFINS	1 PC	278
PUFFED RICE UPPMA	100 g	120
CHOCO BROWNIE	1 PC	132
VEN PONGAL	100 g	331
FRESH JUICE	1 glass	112
ORANGE JUICE	1 glass	111
MIXED FRUIT JUICE	1 glass	121
PAPPAYA JUICE	1 glass	142
MUSK MELON JUICE	1 glass	42
WATER MELON JUICE	1 glass	100
PINEAPPLE JUICE	1 glass	133
GRAPE JUICE	1 glass	154
KIWI JUICE	1 glass	115
MANGO JUICE	1 glass	170
WATER MELON JUICE	1 glass	100
PINEAPPLE JUICE	1 glass	133
HOT MILK	1 glass	155
COLD MILK	1 glass	149
SPNACH VADA	1 PC	78
MANGALORE BONDA	100 g	407
PANEER POHA	100 g	201
CHEESE CROISSANT	1 PC	174

METHI MALAI PANEER	100 g	114
ROSTED MASALA BUN	1 PC	108
CHOCOLATE SANDWICH	1 PC	80
BOMBAY SAGU	100 g	156
CHOCO MUFFINS	1 PC	317
MIX VEG PANEER PARATHAS	1 PC	187
MOONG & UDDIN BONDA	1 PC	74
VEG DAL KHICHADI	100 g	203
CRISPY FRIED CHICKEN	100 g	278
BUTTER MILK BISCUITS	1 PC	128
FRESH GREEN PEAS KURMA	100 g	138
ALOO GOBI PARATHA	1 PC	244
ONION & CHILLY PARATHAS	1 PC	237
KERLA STYLE MOONG CURRY	100 g	90
VEGETABLE SANDWICH	100 g	179
VEGETABLE SAGU	100 g	330
ALOO PEAS KURMA	100 g	114
KARA PONGAL	100 g	325
BANANA CARROT CAKE	1 PC	150
KOREAN FRIED CHICKEN	100 g	240
PINDI CHOLE MASALA	100 g	181
CHICKEN LOLY POP	1 PC	89
MINI BATURA	1 PC	148
PALAK POORI	1 PC	90
VADA CURRY	100 g	138
BISCUITS AMBADE	1 PC	43
RAGI SEMYA BATH	100 g	195
STUFFED ALOO BUN	1 PC	106
CRISPY CHICKEN POPS	100 g	198
POP CORN	100 g	375
BOILED PEANUT CHAAT	100 g	159.8
ONION & CABBAGE PARATHAS	1 PC	260
TAWA PARATHA	1 PC	197
MILLET KITCHIDI	100 g	210
CHICKEN CUTLET	1 PC	110
BATURA	1 PC	136
PEAS MASALA	100 g	149
OATS KHICHDI	100 g	157
POORI	1 PC	101
CHIK PEA CURRY	100 g	107
DALIYA KHICHDI	100 g	164
BLACK CHANNA MASALA	100 g	163
PALAK PARATHA	1 PC	160
MEENAKSHI PARATHA	1 PC	100
MANGALORE BAJJI	1 PC	100
UDUPI SAMBAR	100 g	110

BUTTER COOKIES	1 PC	23
METHI TAWA PARATHA	1 PC	180
RAWA UPPMA WHITE	100 g	201
PANEER & ONION PARATHA	1 PC	124
BEETROOT PARATHA	1 PC	209
VANILLA MUFFINS	1 PC	215
CHOCO DONOUGHT	1 PC	340
ONION & PEAS PARATHAS	1 PC	164
BUTTER NAN	1 PC	93
MIX VEG KURMA	100 g	109.47
MILLETS PONGAL	100 g	131
PANEER CURRY	100 g	146
ALOO PEAS BHAJI	100 g	114
DRAGON SEMYA BATH	100 g	200
OATS VEGETABLE KHICHDI	100 g	170
CORN SPINACH TWIST	100 g	280
PLAIN CAKE	1 PC	187
ROAST CHICKEN ROSEMARY	100 g	120
TATTE IDLI	1 PC	54
TAWA BUTTER NAN	1 PC	94

Lunch		
Food	Serving	Calories
TOMATO PATTANI BATH	100 g	115
MIX VEG SAMBAR	100 g	90
GARLIC DAL RASAM	100 g	78
CHICKEN 65	100 g	119
HONG KNOG NOODLES	100 g	189
CHICKEN HONG KONG NOODLES	100 g	153
BUTTER KULCHA	I PC	112
MAWA PEDA	I PC	133
MOONG DAL HALWA	100 g	182
5 TYPES OF PICKLE	10 g	14
STRAWABERRY BREEZE	1 glass	130
CREAM OF MUSHROOM SOUP	1 cup	96
CHICKEN PEPPER SOUP	1 cup	133
ALOO KARALA DRY	100 g	146
VEG MAKHANWALA	100 g	204
HARIYALI PULAO	100 g	215
DHABA DAL	100 g	158
BOONDI RAITHA	100 g	108
MIX VEG PALYA	100 g	178
CHOW CHOW KOOTU	100 g	99
VEG KHUSKA SOUTH	100 g	113
SOPPU SAMBAR	100 g	147
PEPPER RASAM	100 g	80
EGG PEPPER DRY	100 g	202
TAWA BUTTER CORN	100 g	134
TAWA FISH FRY	100 g	98
COIN PARATHA	I PC	98
JELABI	100 g	300
SEMIYA PAYASAM	100 g	244.13
6 TYPES OF PICKLE	10 g	14
MIXED FRUIT JUICE	1 glass	121
NATTI KOLI SOUP	1 cup	115
RED RICE	100 g	109
RAW BANANA PORIYAL	100 g	144
PAPPAYA JUICE	1 glass	142
MUSK MELON JUICE	1 glass	42
STRAWABERRY MILK SHAKE	1 glass	235
WATER MELON JUICE	1 glass	100
DRUMSTICK SOUP	1 cup	81
HOT & SOUR CHICKEN SOUP	1 cup	170
ALOO PALAK DRY	100 g	203
PANEER BUTTER MASALA	100 g	146
VEG KUSHKA	100 g	113

RED PUMPKIN PORIYAL	100 g	56
ENNAKKAI	100 g	165
CHICKEN KABAB	100 g	151
TAWA VEG BUTTER RICE	100 g	140
CHICKEN SCHEZWAN FRIED RICE	100 g	168
GARLIC NAN	I PC	93
PINEAPPLE JUICE	1 glass	133
GRAPE JUICE	1 glass	154
CREAM OF BROCCOLI SOUP	1 Cup	92
NATTI KOLI RASAM	1 cup	115
PINDI CHANNA	100 g	110
VEG HYDERABADI	100	144
KAJU MUTTER PULAO	100 g	208.5
CHANNA DAL TADKA	100 g	123
URULAI PODIMAS	100 g	224
HEERAKKAI KOOTU	100 g	101
MUSHROOM RICE	100 g	152
DRUMSTICK KACHA MANGO SAMBAR	100 g	168
BEETROOT RASAM	100 g	568.7
DHAI BELLA	100 g	242
VEG MOMOS MANCHURIAN	100 g	436
KOLKATA EGG ROLL	**100 g**	**301**
GULAB JAMOON	I PC	120
BOONDI LADOO	I PC	155
CARROT HALWA	100 g	189
PINEAPPLE JELABI	I PC	150
MANGO MILK SHAKE	1 glass	185
VEG BADAMI SHORBA	1 cup	140
CREAM OF CHICKEN SOUP	1 cup	117
SOYA PEAS KADAI SABJI	100 g	183
DUM ALOO KASHMIRI	100 g	115
VEG BRIYANI	100 g	139
TOOR DAL TADKA	100 g	286
LOBIYA MASALA	100 g	187
COCOUNT RICE	100 g	150
SOPPU CHOW CHOW SAMBAR	100 g	98
CURD RICE WITH POMEGRANATE	100 g	178
HYDRABADI DUM BIRIYANI	**100 g**	**274**
VEG PASTA WITH PEPPERCHINO SAUCE	100 g	154
EGG MASALA TAWA FRY HOMESTYLE	**100 g**	**142**
KIWI JUICE	1 glass	115
SWEET CORN VEG SOUP	100 g	34
MUTTON BONE SOUP	1 Cup	276.45
BHINDI MASALA	100 g	112
KHATTA MEETHA BAIGAN MASALA	100 g	137
DAL MAHARANI	100 g	236

TOMATO RASAM	100 g	70
MALABAR CHICKEN CURRY	**100 g**	**164**
VEGETABLE CHOW MEIN NOODLES	100 g	253
CHICKEN CHOW MEIN NOODLES	**100 g**	**168**
KERALA PARATHA	1 PC	216
RASAMALAI	1 PC	128
CHIKKU MILK SHAKE	1 glass	189
CREAM OF TOMATO SOUP	100 g	84
CHICKEN PEPPER SOUP	1 cup	137
TAWA VEGETABLES	100 g	78
VEG KOFTA CURRY	100 g	143.68
GHEE RICE	100 g	154
BEETROOT PORIYAL	100 g	85
BOTTLE GOURD KOOTU	100 g	83.52
CURRY LEAF RICE	100 g	164
KNOL KHOL SAMBAR	100 g	84
EGG CHETTINADU	100 g	156
TAWA TANDOORI CHICKEN	100 g	228
BADAM BURFI	100 g	171
AKKI ROTI	I PC	150
CHUTNEY	100 g	100
KADALA CURRY	100 g	127
ALOO BHINDI MASALA	100 g	121
MUTTER PANEER	100 g	189
JEERA CHILLI RICE	100 g	237
YELLOW DAL TADKA	100 g	170
PULIOGARE RICE	100 g	267
ARCOT MAKKAN BEDA	1 PC	108
ONION RAITHA	100 g	89
APPLE MILK SHAKE	1 glass	225.5
KADAI CHICKEN	100 g	150
TRIPLE FRIED RICE (EGG,PRAWNS,CHICKEN)	100 g	218
BREAD HALWA	100 g	221.5
PALAK SHORBA SOUP	1 Cup	229
NATTI KOLI SOUP	1 cup	115
SOYA MUTTER PULAO	100 g	210
METHI DAL	100 g	152
SOPPU AND GREEN MOONG PORIYAL	100 g	138
MADRAS CUCUMBER CURRY	100 g	104
DAL PALAK KHICHDI	100 g	168
KERALA SAMBAR	100 g	134
JEERA GINGER RASAM	100	84
MALAI SANDWICH	1 PC	118
SEMIYA DATES PAYASAM	100	180
BADAM MILK	1 glass	40
ACHARI BAINGAN	100 g	158.6

VEGETABLE PANEER PULAO	100 g	267
RAW BANANA PALYA	100 g	132
VEG CHETTINAD KURMA	100 g	114.6
BISIBELE BATH	100 g	74.37
KARA BOONDI	15 g	84
CHOW CHOW SAMBAR	100 g	134
GARLIC PEPPER RASAM	100 g	67
GHEE MYSORE PAK	1 PC	130
CHINESE CHILLY CHICKEN SEMI	100 g	132
MUTTON PEPPER RASAM	1 cup	89
SABZ PALAK DRY	100 g	128
CHWALI MAKHNI	100 g	132
DAL AMIRITSTAR	100 g	232
CABBAGE PEAS PORIYAL	100 g	215
LEMON MINT COOLER	1 glass	104
LOUKI SAMBAR	100 g	136
BASEN LADOO	1 PC	144
DAL KOLAPURI	100 g	107
SWEET CORN CHICKEN SOUP	1 cup	223
KADAI SOYA MASALA	100 g	293
GONGURA SAMBAR	100 g	104
KALAKAND	1 PC	120
SANDESH	1 PC	150
TOMATO SOUP	1 Cup	90
VEGETABLE PULAO	100 g	231
MYSORE MIXED VEG SAMBAR	100 g	92
BUTTER CHICKEN	100 g	202
VEG BURGER	1 PC	124
CHICKEN KOTTHU PARATHA	**100 g**	**321**
BADAM POORI	1 PC	150
MILK MYSORE PAK	1 PC	132
MANGO JUICE	1 glass	170
HOT & SOUR VEG SOUP	1 Cup	142
KADAI VEGETABLES WITH PANEER	100 g	265
PANJABI CHANNA MASALA	100 g	140
GUJARATI DAL	100 g	149
BEETROOT CHANNA DAL PORIYAL	100 g	126
HEERAKKAI LOBIYA KOOTU	100 g	104
MANGALORE SAMBAR	100 g	131
GARLIC RASAM	100 g	70
DAL RASAM	100 g	72
GINGER RASAM	100 g	60
DHAI BELLA	100 g	242
EGG MASALA PEPPER FRY	**100 g**	**114**
TAWA KULCHA	1 PC	112
RAVA KESARI BARFI	1 PC	202

CHOCOLATE ICE CREAM	1 Scoop	217
TOMATO METHI RICE	100 g	115
PUMPKIN PALYA	100 g	87
CHOCOLATE MILK SHAKE	1 glass	286
NATI KOLI CHICKEN SOUP	1 cup	115
BROCOLLI SOUP	1 Cup	92
ALOO BHINDI DRY	100 g	113
PARWAL KI SABZI	100 g	102
VEG & BREAD PULAO -DARSHINI STYLE	100	238
DAL MAKHANI	100 g	151
TOMATO RICE	100 g	120
CHETTINAD YAM & LOUKI SAMBAR	100	100
HYDRABADI DUM BIRIYANI	**100 g**	**150**
VEG HAKKA NOODLES	100 g	150
CHICKEN HAKKA NOODLES	**100 g**	**180**
CHUM CHUM	1 PC	185
PEAS PULAO	100 g	145
PINEAPPLE KESARI	100 g	315
WATER MELON JUICE	1 glass	100
TAWA VEGETABLE	100 g	184
METHI MALAI MUTTER	100 g	113
PINEAPPLE JUICE	1 glass	133
SPINACH & MUSHROOM SOUP	1 Cup	157
CREAM OF CHICKEN SOUP	1 Cup	127
PINDI CHANNA	100 g	202
PALAK KADI	100 g	210
RAJMA PULAO	100 g	143
KARAMANI PORIYAL	100 g	107
VADA CURRY	100 g	138
COCONUT RICE	100 g	150
CHICKEN ROGAN JOSH	**100 g**	**141.5**
TAWA VEG BUTTER RICE	100 g	194
CHICKEN SCHEZWAN FRIED RICE	**100 g**	**157**
PALAK TAWA PARATHA	1 PC	141
M.CUCUMBER SAMBAR	100 g	124
CHICKEN MULLIGATAWNY SOUP	1 cup	120
SOYA MUTTER DRY	100 g	174
SABZ MAKHNI	100 g	148
HARIYALI KUSHKA	100 g	136
GREEN MOONG TADKA	100 g	100
SOPPU MOONG PALYA	100 g	130
VEG KARA PULUSE	100 g	99
KADAI BABYCORN MASALA	100 g	130
MIX VEG PORIYAL	100 g	160
DHABA RICE	100 g	168
DHABA KI DAL	100 g	158

JAMOON	I PC	120
DAL METHI	100 g	152
TAWA PULAO	100 g	264
VEG CHETTINADU CURRY	100 g	110
CHITRANNA	100 g	135
MURUGH TIKKA METHI MASALA	**100 g**	**201**
BADHUSHA	1 PC	178
ICECREAM	1 Scoop	207
CREAM OF PALAK CORN SOUP	1 cup	103
BABYCORN MUSHROOM DRY	100 g	190
NAVRATNA PULAO	100 g	211
CABBAGE PORIYAL	100 g	71
MTR RASAM	100 g	65
VEG KHEEMA DOSA	1 Pc	264
BROCCOLI & CARROT SOUP	1 cup	67
SOYA PALAK MASALA	100 g	114
NAWABI PULAO	100 g	202
SOYA PATTANI CURRY	100 g	183
BOONDI KADI	100 g	120
DHARWARD PEDA	1 PC	100
CARROT BEANS FUGATH	100 g	243
ALOO GOBI DRY	100 g	174
TAWA HARIYALI CHICKEN DRY	100 g	196
CHAMPAKALA	1 PC	180
VEG HYRIYALI PULAO	100 g	215
DRUMSTICK RAW MANGO SAMBAR	100 g	168
MUTTON RASAM SOUP	1 cup	89
KADAI PANEER	100 g	245
KADAI VEG DRY	100 g	165
DAL BANJARA	100 g	142
DAL PALAK	100 g	166
DAL PANCHRATHI	100 g	121
VATHA KULAMBU	100 g	90
BEETROOT PALYA	100 g	100
TENDLI & CHANNA DRY	100 g	138
MYSORE RASAM	100 g	70
CHETTINAD VEG SAMBAR	100 g	100
UDUPI SAMBAR	100 g	110
PUDINA RICE	100 g	134
VEG FRIED RICE	100 g	163
CHICKEN KATTI ROLL	1 Pc	337
MYSORE PAK	1 PC	181
SPINACH CORN SHORBA	1 Cup	142
CHICKEN SHORBA	1 Cup	267
KASHMIRI VEG PANEER CURRY	100 g	204
ALOO JEERA DRY	100 g	112

BLACK CHANNA USSLI	100 g	205
IMRATI	1 PC	198
MUGHLAI CHICKEN CURRY	100 g	264
VEGETABLE PEPPER FRY	100 g	246
HYDRABADI VEG BIRIYANI	100 g	283
KARAMANI KOOTU	100 g	220
MUTTON BIRIYANI	100 g	164
KAJU BURFI	1 PC	64
BABY CORN & BROCCOLI SOUP	1 cup	203
DRUMSTICK LEAVES SOUP	1 cup	46
KAJU MASALA	100 g	154
PUDINA CHANNA DRY	100 g	294
DATES AND BROWN ONION PULAO	100 g	325
PAL ADAI PAYASAM	100 g	125.8
CARROT RICE	100 g	110
BADAM HALWA	100 g	282
BADAM MILK SHAKE	1 glass	177.1
DAL KALAI	100 g	117
CABBAGE CHANNA DAL PORIYAL	100 g	113
RADDISH RAW BANANA SAMBAR	100 g	128
DHABA CHICKEN CURRY	100 g	202
SOREKAI CHANNA DAL KOOTU	100 g	136
LOUKI GUNGURA VEPPUDU	100 g	101
MANGO VEG SAMBAR	100 g	139
EGG NILGIRI KURMA	100 g	125
VEG KATTI ROLL	1 Pc	186
DOUBLE KA MEETHA	100 g	340
FRUIT PANAKAM	1 glass	300
CHILLY BABY CORN DRY	100 g	184
CORN PALAK	100 g	78
HERBED RICE	100 g	126
DRY FRUIT BURFY	1 PC	125
CHEESE MASALA OMLETE	1 PC	225
MANGOLIAN BARBEQUE - RICE	100 g	321
ZARDA PULAO	100 g	346
MASOOR DAL	100 g	116
CREAM OF PALAK SOUP	1 Cup	83
PAKODA MORE CURRY	100	242
LOUKI KOOTU	100 g	83.52
CORN CAPSICUM CURRY	100 g	150
LAUKI DAL	100 g	120.32
MADRAS DAL TADKA	100 g	123
CHIKKU MILK SHAKE	1 glass	130
BHINDI CHANNA DRY	100 g	124
SUBZ BIRIYANI	100 g	130

RAW BANANA PEANUT PORIYAL	100 g	150
MANGALORE MIX VEG SAMBAR	100 g	142
PUNJABI CHICKEN MASALA	**100**	**151**
MUSHROOM & CORN FRIED RICE	100 g	234
RASA GULLA	100 g	321
CORN PALAK SHORBA	1 Cup	142
PALAK PANEER	100 g	134
DRUMSTICK SMALL ONION SAMBAR	100 g	115
DRY JAMOON	1 PC	140
MANGO LASSI	1 glass	150
KADAI BABYCORN & CARROT DRY	100 g	130
MUTTON SOUP	1 Cup	276.45
VEG KHOLAPURI	100 g	245
ALOO GOBI MASALA	100 g	174
TAWA VEG	100 g	184
TAWA HARIYALI CHICKEN	100 g	196
SEMIYA AND SABUDHNA PAYASAM	100 g	244.13
KASHIMIRI PULAO	100 g	201
VEG MANCHURIAN MOMOS	100 g	436
SOYA & RAJMA PULAO	100 g	218
PUDINA & CORIYANDER RICE	100 g	197
SPECIAL LADOO	1 PC	185
MUTTER PANEER MASALA	100 g	121.49
MIX SPROUTS PALAK SABJI	100 g	89
SOPPINA KURMA	100 g	101
BETROOT BLACK CHANNA PORIYAL	100 g	128
VEG RICE BATH	100 g	120
BHARWAN SABZI (STUFFED WITH ALOO)	100 g	222
MULLANGE SAMBAR	100 g	113
KOLKATA EGG KATTI ROLL	**100 g**	**301**

Snacks		
Food	Serving	Calories
VEG HARA BHARA KABAB	100 g	159
MUSHROOM CHEESE TARRT	1PC	125
CHEESE CORN NUGGEST	100 g	194
TOMATO KETCHEP	18 g	20
MINT CHUTNEY	100 g	80
GARLIC SAUCE	100 g	106
COCOUNET CHUTNEY	100 g	120
BAKED PANEER ROLL	1 PC	250
DHOKLA	1 PC	90
ONION PAKODA	100 g	266
VEG CUTLET	1 PC	120
GRILLED COTTAGE CHEESE ROLL	1 PC	122
VEG MOMOS	100 g	137
PANJABI SAMOSA	1 PC	250
CORN & SPINACH VOL AU VENTS	1 PC	240
CHEESE BALLS	100 g	402
SUBWAY SANDWICH	1 PC	68
SABUDANA VADA	100 g	282
GOBI PAKODA	100 g	286
VEG LOLYPUP	1 PC	38
ROMALI EGG ROLL	1 PC	158
CORN & CUCUMBER CHAAT	100 g	82
CUT FRUITS	100 g	63-84
PUNUGULU	100 g	315
CHICKEN SANDWICH	100 g	283
CHANNA CHAT	100 g	144.45
RED CHUTNEY	100 g	263
VEG NACHOS	100 g	343
EGG PAKODA	100 g	155
SPROUT WITH CUCUMBER SALAD	100 g	74
PANI POORI	100 g	307
MASALA POORI	100 g	296
BHEL POORI	100 g	289
PEANUT SUNDEL	100 g	306.9
VEG SAMOSA	1 PC	262
CHICKEN SAMOSA	1 PC	210
MAKHANA CHAAT	100 g	378
GARLIC SAUCE	30 g	55
ONION & CABBAGE PAKODA	100 g	280
CHICKEN SUBWAY SANDWICH	1 PC	308
CORN CHAAT	100 g	217
VEG BURGER	1 PC	124
EGG BONDA	100 g	155

CHILLY BAJJI	1 PC	127
RAW BANANA BAJJI	1 PC	90
CHICKEN KHEEMA DOSA	I PC	94
PANI POORI	100 g	307
SAMOSA CHAAT	100 g	292
PEANUT & CHANNA SUNDEL	100 g	316
CHICKEN SPRING ROLL	1 PC	124
CHICKEN LOLYPUP	1 PC	89
KOLKATA CHICKEN KATHI ROLL	1 Pc	337
PODI IDLY	1 PC	140
CHICKEN VADA PAV	1 PC	114.68
MASALA VADA RAGADA CHAAT	100 g	293
LEMON MINT COOLER	1 glass	104
VEG SPRING ROLL	1 PC	73
EGG PUFFS	1 PC	193
PANEER KHEEMA DOSA	1 PC	274
GREEN CHUTNEY	100 g	80
CHANNA & PEANUT CHAT	100 g	144.4
CHICKEN NACHOS	100 g	387
CHANNA SUNDEL	100 g	205
CHICKEN MOMOS	1 PC	78
EGG VADA PAV	1 PC	313
CORN VEG PATTI SAMOSA	1 PC	236
CHICKEN TIKKA SAMOSA	1 PC	292
MUSHROOM MOMOS	1 PC	30
CHICKEN SHEEK KABAB	100 g	151
SCHEZWAN SAUCE	20 g	40
MIX VEG PAKODA	100 g	118
VEG KHEEMA ROLL	1 PC	303
CHICKEN BURGER	1 PC	221
KACHORI CHAAT	100 g	172
CHICKEN HARA BHARA KABAB	100 g	159
CORN PATTI SAMOSA	1 PC	236
MINI ALOO CHEESE DOSA	1 PC	287.4
CHICKEN PANJABI SAMOSA	1 PC	210
BLACK CHANNA SUNDEL	100 g	205
CHICKEN TIKKA FRANKIE ROLL	1 PC	236.3
SWEET CHUTNEY	20 g	60
HEEREKAI BAJJI	1 PC	78.4
CHICKEN NUGGETS	1 PC	59
MINI VEG CHEESE BURGER	1 PC	210
GRILLED MUSHROOM	100 g	89
CHICKEN MANCHURIAN MOMOS	100 g	394
CHILLY BAJJI & RAW BANANA BAJJI	1 PC /1PC	127 /90
VEG SANDWICH	100 g	179
CRISPY CORN	100 g	289

GRILLED CORN & MUSHROOM	100 g	92.5
MIX SPROUT SALAD	100 g	137
VEG SCHEZWAN SPRING ROLL	1 PC	80
MINI VEG BURGER	1 PC	180
CHUTNEY	100 g	100
MINI MASALA DOSA	1 PC	107
GRILLED MUSHROOM & CORN	100 g	92.5
SPROUT & CUCUMBER CHAAT	100 g	74
MANGO LASSI	1 glass	150
BADAM MILK SHAKE	1 glass	177.1
MILLET KITCHIDI	100 g	210
POMEGRANATE JUICE	1 glass	136
PANEER SHASHLIK	100 g	166
CRIPSY VEG BITES	100 g	139.6
PINEAPPLE CHEESE AND CHERRY STICKS	100 g	113
CHICKEN POP CORN	100 g	351
FISH FINGER	100 g	249
MASALA CASHEW NUT FRY	100 g	415
WAFERS SALT AND SPICY	100 g	478
VADA PAV	1 PC	150
HERBED ROAST MAKHANA	100 g	360
LITCHI JUICE	1 glass	150
RAGI SEMYA BATH	100 g	195
VEG SUBWAY SANDWICH	1 PC	189
PEANUT CHIKKI	1 PC	124.4
MEXCIAN CORN SALAD	100 g	210
RAGI MALT	1 cup	127
MINI PODI DOSA	50 g	80
BOILED EGGS	1 PC	63
DHAI PAPADI CHAATS	100 g	189
PANEER KATTI ROLL	1 PC	235
EGG KA FUNDA	1 PC	70 -225
WHITE CHUTNEY	100 g	148
BROCCOLI SALAD	100 g	206
DATES LASSI	1 glass	155
GRAPE JUICE	1 glass	154
COCONUT PUTTU	1 PC	260
AVOCADO SALAD	100 G	168
COTTAGECHEESE & VEG FAJITA	1 PC	310
SALMON SALAD	100 g	195
CHOCOLATE MILK SHAKE	1 glass	286
MINI CHEESE DOSA	1 PC	256.4
COTTON CANDY	1 Stick	110
MILLET UPPMA	100 g	279
STRAWBERRY LASSI	1 glass	160
BLACK BEAN AND CORN SALAD	100 g	80

CAESAR SALAD	100 g	190
GRILLED BROCCOLI & CORN	100 g	80.5
CORN SPINACH SANDWICH	1 PC	196
FISH CUTLET	1 PC	80
GRILLED MUSHROOM, CORN & BROCCOLI	100 g	94
DHAI BELLA	100 g	242
SPICY COURGETTE KOFTAS	1 PC	38
GHEE FRIED MAKKANA	100 g	216
CUCUMBER AND LEMON JUICE	1 glass	71
KOSAMBARI SALAD	100 g	108.6
CARROT JUICE	1 glass	94
SABUDANA TIKKI CHAATS	100 g	252
UNNIAPPAM	1 PC	97
BLACK GRAPE JUICE	1 glass	154
MOMOS SAUCE	25 g	31.5
APPLE MILK SHAKE	1 glass	225.5
VEG SCHEZWAN ROLL	1 PC	80
PANEER PUFFS	1 PC	170
OATS UPMA	100 g	207
BOILED PEANUT CHAAT	100 g	159.8
FRESH JUICE	1 glass	112
PANEER TIKKA WRAPS	100 g	114
GRILLED MUSHRROM AND ZUCHINI	100 g	60.9
SPROUT WITH ANAR SALAD	100 g	74
SALSA	25 g	14
PRAWN & ASSORTED VEG COCKTAIL	100 g	142
PAPDI CHAT	100 g	189
BASIL AND AMERICAN CORN GRILLED	100 g	132
WALDROF SALAD	100 g	141
TAWA CHICKEN TIKKA	100 g	161
CHILLY CHICKEN	**100 g**	**124**
HARA BHARA KABAB	100 g	159
PANEER MOMOS MANCHURIAN	100 g	235.5
ROASTED MASALA PEANUT	100 g	625
ROASTED PEANUT CHAAT	100 g	293
ROSE MILK	1 glass	147
VEG CHEESE FAJITHA	1 PC	210
MASALA PAPAD	100 g	309
ONION PATTI SAMOSA	1 PC	175
CHEESE STICK	1 PC	80

Dinner		
Food	Serving	Calories
FRESH JUICE	1 glass	112
SWEET CORN VEG SOUP	100 g	134
GREEN SALAD	100 g	23
PLAIN CHAPPATI	I PC	70
GOBI PARATHA	I PC	240
ALOO CAPSICUM DRY	100 g	114
MUTTER MASALA	100 g	123
TOMATO RICE	100 g	120
SAMBAR	100 g	110
RASAM	100 g	60
PLAIN RICE	100 g	126
DAL KHOLAPURI	100 g	107
MYSORE PAK	1 PC	181
CURD	100 g	61
PAPAD	100 g	371
PICKLE	10 g	14
GINGER CHICKEN	100 g	210
TAWA BABYCORN SALT & PEPPER	100 g	160
CUT FRUITS	100 g	63-84
PEPPER RASAM SOUP	1 Cup	33
TOSSED SALAD	100 g	40
AJWIN PARATHA	1 PC	172
CARROT BEANS FUGATH	100 g	243
CHAWLI MASALA	100 g	105
JEERA PULAO	100 g	204
DAL PALAK	100 g	166
RASA GULLA	100 g	321
CHINESE CHILLY CHICKEN	100 g	120
VEG FRIED RICE	100 g	163
VEG CLEAR SOUP	1 Cup	60
PUTHINA PARATHA	1 PC	142
VEG KHOLAPURI DRY	100 g	205
SOYA MAKHNI	100 g	178
PEAS PULAO	100 g	145
DAL TADKA	100 g	149
COCOUNET BURFY	1 PC	84
PEPPER CHICKEN DRY	100 g	266
TAWA PANEER TIKKA	100 g	101
TOMATO SOUP	1 Cup	90
ONION & CABBAGE PARATHA	1 PC	260
VEGETABLE 65	100 g	122
MIX VEG CURRY	100 g	200
SHAHI PULAO	100 g	227

TOMATO PAPPU	100 g	160
ICE CREAM	1 Scoop	207
DHABA CHICKEN CURRY	100 g	124
HERBED ROAST POTATO	100 g	149
GINGER SOUP	1 Cup	116
MIX VEG PARATHA	1 PC	190
BHAGEN BARTHA	100 g	112
ALOO PALAK CURRY	100 g	149
KASHMIRI DRY FRUIT PULAO	100 g	236
CHANNA DAL TADKA	100 g	305
BADAM POORI	1 PC	150
EGG CURRY(HOME MADE)	100 gms	156
PASTA	100 g	131
METHI PARATHA	1 PC	201
BHINDI KURKURI	100 g	110
LOUKI GREEN MOONG MASALA	100 g	136
HARIYALI VEG PULAO	100 g	276
GUNTUR CHICKEN	100 g	196
SUKKA ARBI FRY	100 g	220
VEG KURMA	100 g	109.47
PANEER PULAO	100 g	276
DAL MELONI	100 g	138
BURFI	1 PC	125
CHICKEN MANCHURIAN SEMI	100 g	210
VEG RICE	100 g	99
SUBZ HYDRABADI	100 g	108
AFGANI PULAO	100 g	180
ANDHRA CHILLY CHICKEN	100 g	102
TAWA HARIYALI ALOO TIKKA	100 g	124
TOM YUM SOUP	1 Cup	98
PANEER JALFREZI	100 g	266
CHANNA MASALA	100 g	109.74
DAL LAHSOONI	100 g	142
MOONG DAL PAYASAM	100 g	280
BUTTER CHICKEN	100 g	202
DOSA	1 PC	160
PALAK & CORN SOUP	1 Cup	56
MULLI PARATHA	1 PC	78
BABYCORN 65	100 g	134
ALOO MUTTER CURRY	100 g	155
MOTHI PULAO	100 g	188
MOONG DAL TADKA	100 g	128
EGG ROST(HOME MADE)	100 g	147
VEG NOODLES	100 g	137
LADOO	I PC	155
KADAI VEG DRY	100 g	172

PALAK PANEER	100 g	134
HARIYALI ALOO TIKKA	100 g	118
GOBI MUTTER DRY	100 g	194
VEG PULAO	100 g	231
CHICKEN 65	100 g	119
CHANNA DAL TADKA	100 g	123
BADHUSA	1 PC	178
ALOO PALAK DRY	100 g	203
KASHMIRI KOFTA CURRY	100 g	178
VEG AFGANI PULAO	100 g	188
KALAKAND	1 PC	120
CHICKEN RASAM SOUP	1 Cup	132
VEG FRIED RICE	100 g	163
BHINDI JAIPURI	100 g	182
PANEER MAKAI MUTTER	100 g	234
PALAK & CORN RICE	100 g	235
SEMIYA PAYASAM	100 g	244.13
PEPPER CHICKEN	100 g	266
SOYA FRESH PEAS KADAI	100 g	183
VEG CHETTINAD KURMA	100 g	134
PANEER BIRIYANI	100 g	204
CARROT HALWA	100 g	104
HARIYALI ALOO ROAST	100 g	104
TAWA VEGETABLES	100 g	184
CORN MUSHROOM CURRY	100 g	145
GHEE RICE	100 g	141
RAWA LADOO	1 PC	128
TAWA CORN SALT & PEPPER	100 g	160
VEG HARIYALI GRAVY	100 g	174
KADAI VEG	100 g	165
HOT & SOUR VEG SOUP	1 Cup	142
SOYA MUTTER KURMA	100 g	124
DAL TIRINGA	100 g	117
TAWA VEG SHEEK KABAB	100 g	207
GREEN PEAS PARATHAS	1 PC	164
VEG CHETTINADU CURRY	100 g	130
MOTHI PAK	100 g	230
VEGETABLE SOUP	1 cup	134
LEMON CORIANDER SOUP	1 Cup	73
KADALA CURRY	100 g	127
VEG KHUSKA	100 g	113
VEG BALL MANCHURIAN	100	270
PASTA-LIVE	100 g	131-267
LEMON & MINT COOLER	1 glass	104
KOTHU PARATHA	100 g	234
PANEER PARATHAS	1 PC	124

RAGI ROTI	I PC	64
PALAK PARATHAS	I PC	145
VEG JALFREZI	100 g	181
HARYALI BABY ALOO ROAST	100 g	104
MIX VEG SAGU	100 g	330
VEG MAKHANWALA	100 g	204
METHI MALAI MUTTER	100 g	113
DAL PANCHMEL	100 g	129
BASEN LADDU	1 PC	144
CHUM CHUM	1 PC	185
CHICKEN KOLHAPURI	100 g	224
KADAI CHICKEN	100 g	150
CHICKEN CHETTINAD	100 g	215
HERB ROAST CHICKEN	100 g	200
GRILLED TAWA VEGETABLES	100 g	184
DAL SHORBA	1 cup	183
MINT PEAS PULAO	100 g	263
ARBI MASALA	100 g	123
MANGOLIAN BARBEQUE - RICE	100 g	321
ZARDA PULAO	100 g	346
MASOOR DAL	100 g	116
CREAM OF PALAK SOUP	1 Cup	83
PEPPER CHICKEN DRY	100 g	266
FRESH JUICE	1 glass	112
ORANGE JUICE	1 glass	111
MIXED FRUIT JUICE	1 glass	121
PAPPAYA JUICE	1 glass	142
MUSK MELON JUICE	1 glass	42
WATER MELON JUICE	1 glass	100
PINEAPPLE JUICE	1 glass	133
GRAPE JUICE	1 glass	154
KIWI JUICE	1 glass	115
MANGO JUICE	1 glass	170
WATER MELON JUICE	1 glass	100
PINEAPPLE JUICE	1 glass	133
PINDI CHOLE MASALA	100 g	181
MASALA DAL	100 g	101
VEG MANCHOW SOUP	1 cup	294
MOONG DAL PARATHA	1 PC	113
DHABA DAL	100 g	158
PANEER BUTTER MASALA	100 g	146
PANJABI DAL	100 g	182
MALABAR CHICKEN CURRY	**100 g**	**164**
TOMATO PULAO	100 g	115
FRUIT PANAKAM	1 glass	87
DOODH BEDA	1 PC	103

SOYA KHEEMA PARATHA	1 PC	130
MUTTER PANEER	100 g	189
HARIYALI ROAST POTATO	100 g	154
CHICKEN ROGAN JOSH	**100 g**	**141.5**
ALOO PANEER PARATHA	1 PC	274
RAJMA PARATHA	1 PC	178
KADAI SOYA MASALA	100 g	293
SOYA MUTTER PULAO	100 g	210
JEERA RICE	100 g	204
CHICKEN KABAB	100 g	151
CHICKEN SHEEK KABAB	100 g	151
KOTTHU SEMIYA	100 g	289
VEG HYDRABADI	100 g	108
METHI DAL	100 g	152
BABYCORN CARROT SABZI	100 g	86.68
JELABI	100 g	300
HERBED RICE	100 g	126
RASAMALAI	1 PC	128
SOOKHA ALOO METHI DRY	100 g	121
MUSHROOM SOUP	1 cup	96
CORN CAPSICUM MASALA	100 g	134
MUSHROOM MAKKAI MUTTER	100 g	123
DATES PAYASAM	100 g	180
ALOO BAIGAN MASALA	100 g	104
STRAWBERRY LASSI	1 glass	160
VEG BROTH	1 cup	70
SPINACH SOUP	1 Cup	203
VEG PEPPER DRY	100 g	280
BABYCORN PEPPER CURRY	100 g	146
LOUKI LACHADAR	100 g	108
CHANNA DAL PALAK	100 g	140
MALKA MASOOR DAL	100 g	274
ALOO GOBI DRY	100 g	174
GARLIC RASAM	100 g	70
DAL AMRITSARI	100 g	232
KERALA CHICKEN CURRY	**100 g**	**126.8**
LOUKI & CHOW CHOW SAMBAR	100 g	138
RAGI LADDU	1 PC	118
HARYALI BABY ALOO ROAST	100 g	104
VEG CHETTINAD	100 g	130
MENTHE PARUPPU	100 g	152
YAM & RAW BANANA SAMBAR	100 g	110
JEERA GINGER RASAM	100 g	84
DAL MELONI	100 g	103
CHENNA MALPUA	1 PC	371
KODI MIRIYALU KURMA	100 g	287.2

RAGI LADDU	1 PC	118
CREAMY CELERY SOUP	1 Cup	127
CHILLY BABY CORN DRY	100 g	184
CORN PALAK	100 g	78
MANGALORE SAMBAR	100 g	131
TOMATO RASAM	100 g	70
MADRAS KOZHI KARI	100 g	137
CHEESE MASALA OMLETE	1 PC	225
SPINACH GARLIC SOUP	1 cup	60
RAW BANNANA 65	100 g	147
DRUMSTICK & SOPPU SAMBAR	100 g	142
RIDGE GOURD & RADISH SAMBAR	100 g	132
DAL RASAM	100 g	72
PEPPER LEMON RASAM	100 g	80
CHICKEN DO PYAZA	**100 g**	**119.2**
HOME STYLE CHICKEN CURRY	**100 g**	**124**
Kadai Chicken Curry	100 g	150
HOT & SOUR VEG SOUP	1 Cup	142
RAJMA MASALA	100 g	230
VEG BIRIYANI	100 g	139
DAL TAMATAR	100 g	130
MALAI SANDWICH	1 PC	118
MALABAR CHICKEN CURRY	**100 g**	**164**
LEMON MINT MOJITO	1 glass	180
SWEET CORN SPINACH SOUP	1 Cup	142
PINDI CHANNA	100 g	110
DAL MAKHANI	100 g	151
LAVANG LATIKA	1 PC	188
KORI GASSI	100 g	208
CREAM OF BROCCOLI SOUP	1 Cup	92
SOYA FRESH PEAS KADAI	100 g	183
VEG KOFTA CURRY	100 g	143.68
DAL HARIYALI	100 g	108
JANGRI	100 g	331
DAL DHANIA SHORBA	1 cup	168
URULAI PODIMAS	100 g	224
PALAK KADI	100 g	210
RAJMA PULAO	100 g	143
DRY JAMOON	1 PC	140
POORI LIVE	1 PC	101
CREAM OF BROCOLLI SOUP	1 Cup	92
PEPPER RASAM	100 g	80
METHI DAL	100 g	152
RASAMALAI	1 PC	128
CHICKEN CHETTINADU	100 g	215
DOSA -LIVE	1 PC	160 -200

DRUM STICK & RADISH SAMBAR	100 g	164
MANGALORE VEG SAMBAR	100 g	142
HARIYALI VEG PULAO	100 g	215
DAL LAHSOONI	100 g	142
CHICKEN TIKKA MASALA	**100 g**	**190**
TAWA PANEER TIKKA	100 g	101
ONION & RAJMA PARATHA	1 PC	178
MUSHROOM MAKKAI MUTTER	100 g	123
SOPPU SAMBAR	100 g	147
LEMON RASAM	100 g	70
PANJABI DAL	100 g	182
SHRIKHAND	100 g	260
CHICKEN 65 semi	**100 g**	**126**
CORRIANDER GARLIC SOUP	1 Cup	32
ALOO BAINGAN MASALA	100 g	182
VEG HYDERABADI	100 g	144
SOYA MUTTER PULAO	100 g	210
RIDGE GOURD SAMBAR	100 g	128
TAMILNAD RASAM	100 g	60
BADHUSHA	1 PC	178
MOONG DAL TADKA	100 g	96.5
ASSORTED MOCKTAIL	1 glass	105 - 130
PANEER MOMOS MANCHURIAN	100 g	235.5
CHEESE STUFFED ALOO TIKKI	1 PC	112
CHICKEN SATAY	100 g	206
MASALA SEER FISH TAWA FRY	100 g	126
MURGH MAKHANI	100 g	136
MANGO DAHI BHALLA	100 g	242
PUNJABI CHIKKAD CHOLE	100 g	151
WHITE RICE - BASMATI	100 g	121
ROASTED PAPAD	1 PC	33
ICE CREAM WITH TOPPINGS	1 Scoop	207
CHOCOLATE FOUNTAIN	100 g	480
ANGOORI JAMOON	1 PC	60
JALEBI WITH RABDI	100 g	287.5
WAFFERS	1 PC	26
BHINDI JAIPURI	100 g	186
ALOO PANEER PARATHA	1 PC	276
METHI PARATHA	1 PC	180
MUSHROOM MATAR MASALA	100 g	123
RAWA LADOO	1 PC	132
CREAM OF MUSHROOM SOUP	1 cup	96
RAJMA PARATHA	1 PC	178
HARYALI BABY ALOO ROAST	100 g	149
CHICKEN 65	100 g	119

GRILLED CORN & MUSHROOM	100 g	92.5
HARIYALI TAWA PANEER TIKKA	100 g	121
PANEER MOMOS	100 g	240.4
CHEESE CORN NUGGETS	100 g	193.8
MULLI PARATHA	1 PC	78
VEG KURMA	100 g	109.47
MINT PEAS PULAO	100 g	145
LOUKI & CHOW CHOW SAMBAR	100 g	135
FRIED MODAK	1 PC	187
BROWN CHICKEN STEW	100 g	217
JELABI	100 g	300
CHOLE MASALA	100 g	140.5
DAL METHI	100 g	152
FRUIT CUSTARD	100 g	95
CHICKEN HARIYALI	100 g	173.6
BAINGAN BARTHA	100 g	112
KARELA KURKURE	100 g	202.4
MIXED VEG AND PANEER MAKHANWALA	100 g	248.1
MOTHI CHOOR LADDOO	1 Pc	120
THALASSERY KOZHI CURRY	100 g	258
ALOO METHI DRY	100 g	270
DRY FRUIT PULAO	100 G	230
KULTHI DAL	100 g	321
MURGH SAGHWALA	100 g	131.5
PASTA -LIVE	100 g	131-270
CREAM OF VEG SOUP	1 Cup	131
BABYCORN 65	100	165
ALOO GOBI MASALA	100 g	174
VEG PULAO	100 g	231
PEPPER TOMATO RASAM	100 g	82
HARIYALI ALOO ROAST	100 g	149
MASALA PAPAD LIVE	100 g	309
CREAM OF BROCOLLI CORN SOUP	1 cup	203
MUSHROOM SOUP	1 cup	96
MIX VEG PANEER PARATHAS	1 PC	187
BROCCOLI CARROT CAPSICUM DRY	100 g	60
SAGWALA VEG DRY	100 g	98
LOUKI CHATPATA	100 g	86
PANEER BUTTER MASALA	100 g	146
ANDHRA PULAO	100 g	119
KASHMIRI PULAO	100 g	160
CHANNA KHUSKA	100 g	146.5
ADRAKI DAL	100 g	101
MALPUA	1 PC	123
CHOCOLATE BARFI	1 PC	105
CHICKEN 65	100 g	119

MANGALORE CHICKEN CURRY	100 g	156
TAWA VEG PULAO	100 g	264
NOODLES -LIVE	100 g	163 -255
SPINACH AND CORN SOUP	1 Cup	142
PALAK & CORN SOUP	1 Cup	142
CORN CAPSICUM MASALA	100 g	155
DAL JAGGERY PAYASAM	100 g	180
TOMATO DHANYA KA SHORBA	1 Cup	94
MIX VEG PANEER MASALA	100 g	107
TOM YUM SOUP	1 Cup	156
ALOO BAIGAN MASALA	100 g	90
CORN SHORBA	1 cup	134
CORN MUSHROOM SOUP	1 Cup	106
CHICKEN CURRY	**100 g**	**124**

Cake		
Food	Serving	Calories
Angel Food Cake	1 piece (28 g)	72 cal
Apple Cake	1 serving (100 g)	252 cal
Apple Cobbler	1 serving (100 g)	198 cal
Apple Crisp	1 serving (100 g)	156 cal
Apple Crumble	1 serving (100 g)	156 cal
Apple Pie	1 slice (125 g)	296 cal
Apple Strudel	1 piece (71 g)	195 cal
Apple Turnover	1 turnover (82 g)	285 cal
Applesauce Cake	1 piece (62 g)	222 cal
Baked Alaska	1 piece (103 g)	254 cal
Bakewell Tart	1 piece (59 g)	254 cal
Banoffee Pie	1 serving (100 g)	395 cal
Birthday Cake	1 piece (85 g)	395 cal
Black and White Cookie	1 cookie (113 g)	431 cal
Black Forest Cake	1 piece (107 g)	282 cal
Blueberry Cobbler	1 slice (100 g)	234 cal
Blueberry Muffin	1 muffin (57 g)	215 cal
Blueberry Pie	1 piece (125 g)	290 cal
Bundt Cake	1 slice (91 g)	337 cal
Buttermilk Pie	1 piece (144 g)	547 cal
Caramel Cake	1 slice (64 g)	304 cal
Carrot Cake	1 piece (133 g)	543 cal
Cheesecake	1 piece (80 g)	257 cal
Cherry Pie	1 piece (125 g)	325 cal
Chess Pie	1 piece (89 g)	366 cal
Chocolate Cake	1 piece (138 g)	537 cal
Chocolate Cream Pie	1 piece (99 g)	301 cal
Chocolate Mousse Cake	1 piece (95 g)	247 cal
Chocolate Mousse Pie	1 piece (95 g)	247 cal
Chocolate Muffin	1 muffin (100 g)	420 cal
Coconut Cake	1 piece (66 g)	235 cal
Coffee Cake	1 piece (90 g)	298 cal
Cream Puff	1 cream puff (130 g)	434 cal
Crumb Cake	1 piece (57 g)	251 cal
Cupcake	1 cupcake (43 g)	131 cal
Danish Pastry	1 pastry (71 g)	266 cal
Donut	1 donut (60 g)	242 cal
Doughnut	1 doughnut (60 g)	242 cal
Flan	1/2 cup (153 g)	222 cal
Flourless Chocolate Cake	1 piece (80 g)	407 cal
French Cruller	1 cruller (41 g)	169 cal
Fruit Cake	1 piece (43 g)	139 cal
Funnel Cake	1 cake (90 g)	276 cal

German Chocolate Cake	1 piece (110 g)	407 cal
Gingerbread	1 piece (74 g)	263 cal
Ice Cream Cake	1 piece (120 g)	240 cal
Key Lime Pie	1 piece (80 g)	287 cal
King Cake	1 piece (91 g)	343 cal
Layer Cake	1 slice (107 g)	430 cal
Lemon Cake	1 piece (66 g)	232 cal
Lemon Meringue Pie	1 piece (113 g)	303 cal
Madeira Cake	1 slice (50 g)	197 cal
Marble Cake	1 piece (109 g)	370 cal
Meringue	1 piece (127 g)	362 cal
Opera Cake	1 piece (25 g)	80 cal
Paczki	1 paczki (85 g)	286 cal
Pancake	1 pancake (38 g)	86 cal
Panettone	1 slice (50 g)	180 cal
Pavlova	1 serving (65 g)	191 cal
Peach Cobbler	1 tbsp (15 g)	10 cal
Peach Pie	1 piece (117 g)	261 cal
Pecan Pie	1 slice (133 g)	541 cal
Pineapple Upside-Down Cake	1 piece (115 g)	367 cal
Plum Cake	1 piece (150 g)	164 cal
Poppy-Seed Cake	1 piece (90 g)	355 cal
Pound Cake	1 serving (55 g)	215 cal
Profiterole	1 serving (113 g)	377 cal
Puff Pastry	1 sheet (245 g)	1367 cal
Pumpkin Bread	1 slice (60 g)	179 cal
Pumpkin Cheesecake	1 piece (100 g)	340 cal
Pumpkin Pie	1 slice (133 g)	323 cal
Raspberry Pie	1 piece (137 g)	329 cal
Red Velvet Cake	1 piece (80 g)	294 cal
Rhubarb Pie	1 piece (137 g)	336 cal
Rum Cake	1 piece (57 g)	200 cal
Sacher Torte	1 piece (125 g)	440 cal
Sponge Cake	1 piece (38 g)	110 cal
Strawberry Cheesecake	1 slice (61 g)	199 cal
Strawberry Pie	1 piece (167 g)	384 cal
Strawberry Rhubarb Pie	1 piece (150 g)	422 cal
Sweet Potato Pie	1 piece (131 g)	341 cal
Swiss Roll	1 cake (31 g)	136 cal
Tarte Tatin	1 piece (100 g)	210 cal
Tiramisu	1 serving (174 g)	492 cal
Tiramisu Cake	1 piece (108 g)	314 cal
Treacle Tart	1 serving (100 g)	369 cal
Tres Leches Cake	1 piece (120 g)	295 cal
Trifle	1 serving (100 g)	180 cal
Victoria Sponge Cake	1 piece (28 g)	72 cal

Waffles	1 waffle (33 g)	103 cal
Wedding Cake	1 piece (109 g)	415 cal

BREAKFAST (7:30 to 9:30)							
DATE	10-Jan-22	11-Jan-22	12-Jan-22	13-Jan-22	14-Jan-22	15-Jan-22	16-Jan-22
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	ALOO PARATHA	POORI	PLAIN PARATHA	VEGETABLE PEANUT POHA	DAL PARATHA	IDLI	CHANA
	CURD	ALOO BHAJI	ALOO METHI BATUWA KI SUBJI	CHUTNEY	CURD	SEVAINA UPMA	BHATURA
Main- II	CORN FLAKS	SHEERA	CORN FLAKS	MASALA DALIYA	CORN FLAKS	SAMBAR	
	CHUTNEY					TOMATO CUTNEY	CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	TOMATO CUCMBER	TOMATO POTATO	COLESLAW	TOMATO CUCUMBER	COLESLAW	TOMATO POTATO
EGG	BOILED EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE

LUNCH (12:00 to 14:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	SPROUT SALAD	GARDEN FRESH SALAD	TOSSED SALAD	TOSED SALAD	GARDEN FRESH SALAD	GREEN SALAD
Rice Dish	JEERA RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE/TOTAMO RICE	JEERA RICE	STEAMED RICE	STEAMED RICE
DAL	TOOR DAL TADKA	KADHI PAKODA	RAJMA MASALA	SAMBHAR/RASAM	LASUNI HING DAL TADKA	PINDI CHOLLE	CHAWALI MASALA
VEG	TAWA VEG	BHINDI DO PYAZA	KADAI SOYABEEN	ALOO MASALA	GAJAR METHI	KAHTTA METHA KADDU	ALOO AMRATSARI VADI
Curd/SOUP	BUTTER MILK	TOMATO SOUP	CURD	MASALA CHAACH	HOT & SOUR SOUP	BUTTER MILK	SWEET LASSI
Bread- I	PHULKA	PHULKA	PHULKA	UTTAPAM/PHULKA	PHULKA	PHULKA/POORI	PHULKA
SPECIAL	GARLIC CHUTNEY	GREEN CHUTNEY	GREEN CHUTNEY	FRIED CHILLI	TOMATO CHUTNEY	GREEN CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	COCONUT CHUTNEY	FRYUMS	FRYUMS	FRYUMS

H.T(17:00TO18:00)							
MAIN	SAMOSA	KHAMAN DOKLA	STUFFED KULCHA	ALOO TIKKI	VEGETABLE UPMA	BHEL PURI	KACHORI
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE

DINNER(19:30TO21:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	JEERA PULAO	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	VEGETABLE BIRYANI
DAL	WHOLE MASOOR DAL TADKA	DAL MAKHANI	MASOOR DAL TDKA	MIX DAL TADKA	MOONG DAL TADKA	DAL MAKHANI	CHANA MOONG DAL TADKA
		SARSON KA SHAAG		ALOO GOBHI		SOYA CHANP MASALA	
PANEER	MUTTER PANEER		PANEER MASALA		PALAK PANEER		PALAK CHEESE KOFTA CURRY
	EGG CURRY		KADAI CHICKEN		CHICKEN ROGAN JOSH		CHICKEN BIRYANI
Dessert		GAJAR HALWA		GULAB JAMUN		CHOCOLATE MUD PASTRY	
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA

BREAKFAST (7:30 to 9:30)							
DATE	17-Jan-21	18-Jan-21	19-Jan-21	20-Jan-21	21-Jan-21	22-Jan-21	23-Jan-21
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	HING ALOO PYAZ PARATHA	VEG UTTAPAM	PAN CAKE	MEDU VADA	MOONG DAL CHILLA	MIX VEG PARATHA	CHHOLE
	CURD	VEGETABLE STEW	FRUIT JAM	SAMBAR	GREEN CHUTNEY	CURD	BHATURA
Main- II	CORN FLAKS	DUM SEVAI UPMA	VEGETABLE POHA	MASALA DALIYA	VEGETABLA RAWA UPMA	CORN FLAKS	
		TOMATO CHUTNEY			COCONUT CHUTNEY		CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK
MAKE YOUR OWN S/W	COLESLAW	TOMATO CUCMBER	TOMATO POTATO	COLESLAW	TOMATO CUCUMBER	COLESLAW	TOMATO POTATO
EGG	BOILED EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE			MIXED VEG PICKLE		MIXED VEG PICKLE	MIXED VEG PICKLE
LUNCH (12:00 to 14:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	TOSSED SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	TOSSED SALAD	PASTA SALAD
Rice Dish	JEERA RICE	STEAMED RICE	STEAMED RICE	VEGETABLE MASALA PULAO	STEAMED RICE	MUTTER PULAO	STEAMED RICE
DAL	BLACK DAL TADKA	KADI PAKODA	RAJMA MASALA	ARHAR DAL TADKA	BLACK CHANA MASALA	PUNJABI DAL	MOONG DAL TADKA
VEGETABLE	KADAI VEG	SOYABEAN MASALA	ALOO PYAZ	CORN PALAK	ALOO GOBHI	CARROT CORN BEANS KI SUBJI	VEGETABLE JALFREZI
CURD/SOUP	BUTTER MILK	MINSTRONE SOUP	CURD	BOONDI RAITA	TOMATO SHORBA	BUTTER MILK	SWEET LASSI
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA/POORI	PHULKA	PHULKA
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
H.T(17:00TO18:00)							
MAIN	MAGGI	VEG PIZZA	CHINESE SAMOSA	VEGETABLE POHA	VEGETABLE KATHI ROLL	CHOCOLATE DOUGHNUT	BAKED PASTA
TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE
SOUP							
DINNER(19:30TO21:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	VEGETABLE HYDERABADI BIRYANI	STEAMED RICE	VEG FRIED RICE
DAL	DAL TADKA	DAL MAKHANI	MOONG DAL TADKA	MIX DAL TADKA	VEG RAITA	DAL MAKHANI	MIX DAL TADAK
VEG		GOBHI MUTTER CAPSICUM MASALA		GATTA CURRY		KADAI VEGETABLE	CHILLI PANEER
PANEER	MUTTER PANEER		CHUTNEY WALA PANEER		MALAI KOFTA CURRY		CHILLI CHICKEN
NONVEG	EGG CURRY		BUTTER CHICKEN		CHICKEN DUM BIRYANI		
Dessert		MOONG DAL HALWA		CHOCOLATE MUD PASTRY		FRUIT CUSTARD	
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA

BREAKFAST (7:30 to 9:30)							
DATE	31-Jan-22	1-Feb-22	2-Feb-22	3-Feb-22	4-Feb-22	5-Feb-22	6-Feb-22
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main- I	ALOO PARATHA	IDLI	METHI THEPLA	POORI	ONION VADA	CHHOLE	DAL PARATHA
	CURD/GARLIC CHUTNEY	SAMBAR	ALOO MUTTER BHAJI	BHAJI	SAMBAR	BHATURA	CURD/GARLIC CHUTNEY
Main- II	CORN FLAKS	COCONUT CHUTNEY	POHA	SHEERA	COCONUT CHUTNEY	CORN FLAKS	
		POHA			SEVAIN UPMA		CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK
MAKE YOUR OWN S/W	COLESLAW	TOMATO CUCMBER	TOMATO POTATO	COLESLAW	TOMATO CUCUMBER	COLESLAW	TOMATO POTATO
EGG	BOILED EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE			MIXED VEG PICKLE		MIXED VEG PICKLE	MIXED VEG PICKLE
LUNCH (12:00 to 14:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	TOSSED SALAD	TOSTED SALAD	GREEN SALAD	TOSSED SALAD	GREEN SALAD
Rice Dish	JEERA RICE	STEAMED RICE	STEAMED RICE	VEG FRIED RICE	STEAMED RICE	VEG TEHRI PULAO	STEAMED RICE
DAL	YELLOW DAL TADKA	RAJMA MASALA	KADI PAKODA	VEG MANCHURIAN	BLACK CHANA	PUNJABI DAL	ALOO CHANA MASALA
VEGETABLE	BHINDI DO PYAZA	KADAI SOYABEAN	GHIYA CHANA	ALOO GOBHI	ALOO MUTTER	SARSON KA SAAG	VEG HAKKA NODDELS
CURD/SOUP	BUTTER MILK	CURD	TOMATO SOUP	SWEET CORN SOUP	BUTTER MILK	VEG RAITA	HOT & SOUR SOUP
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA	POORI	MISSI ROTI	PHULKA/KULCHA
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GREEN CHUTNEY	GREEN CHUTNEY	TOMATO CHUTNEY	GARLIC CHUTNEY	TOMATO CHUTNEY	GREEN CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
H.T(17:00TO18:00)							
MAIN	MAGGI	VEG PUFF	MOOG DAL PAKODI	SAMOSA	HONNY CHILLI POTATO	PIZZA	SET DOSA WITH COCONUT CHUTNEY
TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE
SOUP							
DINNER(19:30TO21:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	VEG BIRYANI
DAL	BLACK MASOOR TADKA	DAL MAKHANI	MOONG DAL TADKA	HOME STYLE RAJMA	TOOR DAL TADKA	DAL MAKHANI	DAL DHABA
VEG		ALOO GOBHI MUTTER		TAWA VEG		DUM ALOO	
PANEER	MUTTER PANEER		PALAK PANEER		PANEER TIKKA MASALA		MALAI KOFTA CURRY
NONVEG	KEEMA EGG CURRY		BHUNNA CHICKEN MASALA		CHICKEN CHETTINAD		HYDERABADI CHICKEN BIRYANI
Dessert		RICE KHEER		GULAB JAMUN		FRUIT CUSTURD	BHURANI RAITA
Bread- I	PHULKA	PHULKA	PHULKA		PHULKA	BATI/ PHULKA	PHULKA

BREAKFAST (7:30 to 9:30)							
DATE	14-Feb-22	15-Feb-22	16-Feb-22	17-Feb-22	18-Feb-22	19-Feb-22	20-Feb-22
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main- I	ALOO PARATHA	MEDU ONIION VADA	POORI	POHA	IDLI	ALOO GOBHI PARATHA	CHHOLE
	CURD	SAMBAR	BHAJI	METHI THEPLA	SAMBAR	CURD	BHATURA
Main- II	CORN FLAKS	COCONUT CHUTNEY	SHEERA	ALOO MUTTER BHAJI	COCONUT CHUTNEY	CORN FLAKS	
		SEVAIN UPMA			RAWA UPMA		CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK
MAKE YOUR OWN S/W	COLESLAW	TOMATO CUCMBER	TOMATO POTATO	COLESLAW	TOMATO CUCUMBER	COLESLAW	TOMATO POTATO
EGG	BOILED EGG	COCONUT CHUTNEY	BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE			MIXED VEG PICKLE		MIXED VEG PICKLE	MIXED VEG PICKLE
LUNCH (12:00 to 14:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	TOSSED SALAD	GREEN SALAD	LIVE FREASH GRADEN SALAD	GREEN SALAD	TOSSED SALAD	SPROUT SALAD
Rice Dish	JEERA RICE	STEAMED RICE	STEAMED RICE	TAWA PULAO	STEAMED RICE	MUTTE PULAO	FRIED RICE
DAL	YELLOW DAL TADKA	KADI PAKODA	RAJMA MASALA	MIRCH KA SALAN	BLACK CHANA	PUNJABI DAL	VEG MANCHURIAN
VEGETABLE	BHINDI DO PYAZA	MIRCH KI TIPORE	BANGAN BHARTA	ALOO SHEM FALI KI SUBJI	ALOO TAMATER	ALOO AMRATSARI VADI	KHATA MITHA KARELA
CURD/SOUP	BUTTER MILK	CHAANS	CURD	LEMON WATER(SWEET & SALTY)	BUTTER MILK	VEGETABLE RAITA	SWEET LASSI
Bread- I	PHULKA	BAATI	PHULKA	PHULKA	POORI	PHULKA	PHULKA
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GREEN CHUTNEY	LASUN KI CHUNTEY	GREEN CHUTNEY	GARLIC CHUTNEY	TOMATO CHUTNEY	GREEN CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
H.T(17:00TO18:00)							
MAIN	CHESSE MAGGI	CHOCOLATE DOUGNUT	PANI PURI	LIVE CHANA BHATURA	BREAD PAKODA	CROISSANTS	HOT CHESSE COLESLAW SANDWICH
TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE
SOUP							
DINNER(19:30TO21:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	VEG BIRYANI
DAL	BLACK MASOOR TADKA	DAL MAKHANI	MOONG DAL TADKA	MIX DAL TADKA	TOOR DAL TADKA	RAJMA MASALA	DAL DHABA
VEG		KADAI VEG		TANDOORI SOYA CHANP MASALA		ALOO GOBHI MUTTER	
PANEER	MUTTER PANEER		MUSHROOM MUTTER		PANEER TIKKA MASALA		
NONVEG	ANDHRA EGG CURRY		CHICKEN HOME STYLE		CHICKEN CHETTINAD		HYDERABADI CHICKEN BIRYANI
Dessert		DHUDHI KA HALWA		GULAB JAMUN		RICE FHIRNI	BHURANI RAITA
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA

BREAKFAST (7:30 to 9:30)							
DATE	21-Feb-22	22-Feb-22	23-Feb-22	24-Feb-22	25-Feb-22	26-Feb-22	27-Feb-22
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	ALOO PARATHA	PALAK POORI	MEDU VADA	PLAIN PARATHA	DAL PARATHA	IDLI	CHANA
	CURD	ALOO BHAJI	SAMBHAR	ALOO BLACK CHANA	CURD	SEVAINA UPMA	BHATURA
Main- II	CORN FLAKS	SHEERA	MASALA OATS	VEG UPMA	CORN FLAKS	SAMBAR	CORN FLAKS
	CHUTNEY		CHUTNEY	CHUTNEY		TOMATO CUTNEY	CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	TOMATO CUCMBER	TOMATO POTATO	COLESLAW	TOMATO CUCUMBER	COLESLAW	TOMATO POTATO
EGG	BOILED EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
LUNCH (12:00 to 14:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GARDEN FRESH SALAD	TOSSED SALAD	GARDEN FRESH SALAD	TOSED SALAD	GREEN SALAD
Rice Dish	STEAMED RICE	JEERA RICE	STEAMED RICE	STEAMED RICE /VEG BIRYANI	STEAMED RICE	JEERA RICE	STEAMED RICE
DAL	KADHI PAKODA	TOOR DAL TADKA	RAJMA MASALA	VEG SAMBHAR	PINDI CHOLLE	LASUNI HING DAL TADKA	CHAWALI MASALA
VEG	ALOO BANGAN	DAHI BHINDI MASALA	KEEMA SOYABEEN MUTTER	VEG KORMA	KAHTTA METHA KADDU	ALOO GOBHI MUTTER	GATTA CURRY
Curd/SOUP	JAL JEERA	BUTTER MILK	CURD	VEG RAITA	BUTTER MILK	LEMON WATER	SWEET LASSI
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA/PESARATTU	PHULKA/POORI	PHULKA	PHULKA
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GREEN CHUTNEY	GREEN CHUTNEY	GARLIC CHUTNEY	GREEN CHUTNEY	TOMATO CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
H.T(17:00TO18:00)							
MAIN	FRIED IDLI	VEG PUFF	KHAMAN DOKLA	INDORI STYLE POHA	MIX SPROUT SALAD	PAV BHAJI	ALOO PYAZ KACHORI WITH KADHI
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
DINNER(19:30TO21:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	JEERA PULAO	STEAMED RICE	STEAMED RICE	STEAMED RICE/FRIED RICE	STEAMED RICE	STEAMED RICE
DAL	WHOLE MASOOR DAL TADKA	DAL MAKHANI	MASOOR DAL TDKA	MIX DAL TADKA	MOONG DAL TADKA	DAL MAKHANI	CHANA MOONG DAL TADKA
VEG		TAWA VEG		PALAK KOFTA CURRY		BHINDI DO PYAZA	VEGETABLE BIRYANI
PANEER	MUTTER PANEER		MUSHROOM HARA PYAZ		CHILLI CHICKEN (BONE LESS)		PALAK PANEER
NON VEG	EGG KEEMA CURRY		CHICKEN KALI MIRCH		CHILLI PANEER		CHICKEN BIRYANI
Dessert		FRUIT CUSTARD		CHOCOLATE MUD PASTRY		KALA JAMUN	VEG RAITA
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA

BREAKFAST (7:30 to 9:30)							
DATE	28-Feb-22	1-Mar-22	2-Mar-22	3-Mar-22	4-Mar-22	5-Mar-22	6-Mar-22
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main- I	ALOO PARATHA	IDLI	METHI THEPLA	POORI	ONION VADA	CHHOLE	DAL PARATHA
	CURD/GARLIC CHUTNEY	SAMBAR	ALOO MUTTER BHAJI	BHAJI	SAMBAR	BHATURA	CURD/GARLIC CHUTNEY
Main- II	CORN FLAKS	COCONUT CHUTNEY	POHA	MASALA DALIYA	COCONUT CHUTNEY	CORN FLAKS	
		POHA			SEVAIN UPMA		CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK	GINGER TEA, COFFEE, MILK
MAKE YOUR OWN S/W	COLESLAW	TOMATO CUCMBER	TOMATO POTATO	COLESLAW	TOMATO CUCUMBER	COLESLAW	TOMATO POTATO
EGG	BOILED EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE			MIXED VEG PICKLE		MIXED VEG PICKLE	MIXED VEG PICKLE
LUNCH (12:00 to 14:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	TOSSED SALAD	TOSSED SALAD	GREEN SALAD	TOSSED SALAD	GREEN SALAD
Rice Dish	JEERA RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE/VEG FRIED RICE	STEAMED RICE	VEG TEHRI PULAO	STEAMED RICE
DAL	YELLOW DAL TADKA	RAJMA MASALA	KADI PAKODA	SAMBHAR/VEGETABLE IN HOT GARLIC SAUCE	BLACK CHANA	PUNJABI DAL	ALOO CHANA MASALA
VEGETABLE	ALOO BANGAN MASALA	KADAI SOYABEAN	ALOO BLACK CHANA	ALOO MASALA	GOBHI MUTTER	CORN PALAK	VEG HAKKA NODDELS
CURD/SOUP	BUTTER MILK	CURD	JALJEERA	MASALA CHAACH	BUTTER MILK	VEG RAITA	VEG MANCHURIAN
Bread- I	PHULKA	PHULKA	PHULKA	UTTAPAM/PHULKA	POORI	MISSI ROTI	PHULKA/KULCHA
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GREEN CHUTNEY	GREEN CHUTNEY	TOMATO CHUTNEY	COCONUT CHUTNEY	TOMATO CHUTNEY	GREEN CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
JAIN FOOD	GOBHI MUTTER	KADAI SOYABEAN	BLACK CHANA	CABBAGE PORIYAL	GOBHI MUTTER	CORN PALAK	SAME
H.T(17:00TO18:00)							
MAIN	MAGGI	VEG PUFF	SAMOSA	INDORI STYLE POHA	PAANI PURI	TEA CAKE	SET DOSA WITH COCONUT CHUTNEY
TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE	GINGER TEA/COFFEE
DINNER(19:30TO21:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	VEG BIRYANI
DAL	BLACK MASOOR TADKA	DAL MAKHANI	MOONG DAL TADKA	HOME STYLE RAJMA	TOOR DAL TADKA	RAJISTANI DAL	DAL DHABA
VEG		ALOO GOBHI MUTTER		TAWA VEG		RAJISTANI ALOO PYAZ	
PANEER	MUTTER PANEER		KADAI MUSHROOM		PANEER TIKKA MASALA	MIRCH KE TIPORE	MALAI KOFTA CURRY
NONVEG	KEEMA EGG CURRY		BUTTER CHIKEN		CHICKEN CHETTINAD		HYDERABADI CHICKEN BIRYANI
Dessert		RICE KHEER		GULAB JAMUN		FRUIT CUSTURD	BHURANI RAITA
Bread- I	PHULKA	PHULKA	PHULKA		PHULKA	PHULKA/BATI	PHULKA
JAIN FOOD	MUTTER PANEER	GOBHI MUTTER	PALAK PANEER	TAWA VEG	PANEER TIKKA MASALA	SEV TOMATO	MALAI KOFTA CURRY

BREAKFAST (7:30 to 9:30)							
DATE	7-Mar-22	8-Mar-22	9-Mar-22	10-Mar-22	11-Mar-22	12-Mar-22	13-Mar-22
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	ALOO PARATHA	PALAK POORI	MEDU VADA	PLAIN PARATHA	DAL PARATHA	IDLI	CHANA
	CURD	ALOO BHAJI	SAMBHAR	ALOO BLACK CHANA	CURD	SEVAINA UPMA	BHATURA
Main- II	CORN FLAKS	SHEERA	MASALA OATS	VEG UPMA	CORN FLAKS	SAMBAR	CORN FLAKS
	CHUTNEY		CHUTNEY	CHUTNEY		TOMATO CUTNEY	CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	TOMATO CUCMBER	TOMATO POTATO	COLESLAW	TOMATO CUCUMBER	COLESLAW	TOMATO POTATO
EGG	BOILED EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
LUNCH (12:00 to 14:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GARDEN FRESH SALAD	TOSSED SALAD	GARDEN FRESH SALAD	TOSED SALAD	GREEN SALAD
Rice Dish	STEAMED RICE	JEERA RICE	STEAMED RICE	STEAMED RICE /VEG BIRYANI	STEAMED RICE	JEERA RICE	STEAMED RICE
DAL	TOOR DAL TADKA	KADHI PAKODA	RAJMA MASALA	VEG SAMBHAR	PINDI CHOLLE	LASUNI HING DAL TADKA	CHAWALI MASALA
VEG	BHINDI DO PYAZA	ALOO BANGAN	KEEMA SOYABEEN MUTTER	ALOO MASALA	KAHTTA METHA KADDU	ALOO GOBHI MUTTER	TAWA VEG
Curd/SOUP	BUTTER MILK	JAL JEERA	CURD	VEG RAITA	BUTTER MILK	LEMON MINT WATER	SWEET LASSI
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA/PESARATTU	PHULKA/POORI	PHULKA	PHULKA
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GREEN CHUTNEY	GREEN CHUTNEY	GARLIC CHUTNEY	GREEN CHUTNEY	TOMATO CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
JAIN FOOD	BHINDI MASALA	CAPSICUM CORN	KEEMA SOYABEEN MUTTER	BEANS PORIYAL	KAHTTA METHA KADDU	GOBHI MUTTER	TAWA VEG
H.T(17:00TO18:00)							
MAIN	FRIED IDLI	VEG PUFF	KHAMAN DOKLA	BHEL PURI	KACHORI	CHOCOLATE DOUGNUT	MIX SAUCE PASTA
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
DINNER(19:30TO21:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	JEERA PULAO	STEAMED RICE	STEAMED RICE	STEAMED RICE/FRIED RICE	STEAMED RICE	STEAMED RICE
DAL	WHOLE MASOOR DAL TADKA	DAL MAKHANI	MASOOR DAL TDKA	PUNJABI DAL TADKA	MOONG DAL TADKA	DAL MAKHANI	CHANA MOONG DAL TADKA
VEG		TAWA VEG		DUM ALOO		SOYA CHANP MASALA	VEGETABLE BIRYANI
PANEER	MUTTER PANEER		MUSHROOM HARA PYAZ		CHILLI CHICKEN (BONE LESS)		PALAK KOFTA CURRY
NON VEG	EGG CURRY		RARA CHICKEN		CHILLI PANEER		CHICKEN BIRYANI
Dessert		FRUIT CUSTARD		CHILLED KHEER		KALA JAMUN	VEG RAITA
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA
JAIN FOOD	MUTTER PANEER	TAWA VEG	STUFFED CAPSICUM MASALA	KOFTA CURRY	CHILLI PANEER	SOYA CHANP MASALA	PALAK KOFTA CURRY

BREAKFAST (7:30 to 9:30)							
DATE	14-Mar-22	15-Mar-22	16-Mar-22	17-Mar-22	18-Mar-22	19-Mar-22	20-Mar-22
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	ALOO PARATHA	POORI	MEDU VADA	VEG POHA	IDLI	DAL PARATHA	CHANA
	CURD	ALOO BHAJI	SAMBHAR	MASALA DALIYA	SEVAINA UPMA	CURD	BHATURA
Main- II	CORN FLAKS	SHEERA	MASALA OATS		SAMBAR	CORN FLAKS	CORN FLAKS
	CHUTNEY		CHUTNEY	GREEN CHUTNEY	TOMATO CUTNEY	GARLIC CHUTNEY	
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	TOMATO CUCMBER	TOMATO POTATO	COLESLAW	TOMATO CUCUMBER	COLESLAW	TOMATO POTATO
EGG	BOILED EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
LUNCH (12:00 to 14:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	SPROUT SALAD	GARDEN FRESH SALAD	GREEN SALAD	TOSED SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	JEERA RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE /VEG BIRYANI	STEAMED RICE	JEERA RICE	STEAMED RICE
DAL	TOOR DAL TADKA	KADHI PAKODA	RAJMA MASALA	VEG SAMBHAR	ALOO BLACK CHANA	LASUNI HING DAL TADKA	CHAWALI MASALA
VEG	BHINDI DO PYAZA	ALOO BLACK CHANA	SOYA MUTTER	VEG KORMA	DAHI VADA,PANI PURI	ALOO GOBHI MUTTER	ALOO AMRATSARI VADI
Curd/SOUP	BUTTER MILK	ROOH AFZA	CURD	VEG RAITA	THANDAI	LEMON MINT WATER	SWEET LASSI
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA/PESARATTU	POORI	PHULKA	PHULKA
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	NAMAK PARE, SAKKAR PARE	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GREEN CHUTNEY	GREEN CHUTNEY	COCONUT CHUTNEY	GARLIC CHUTNEY	TOMATO CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
JAIN FOOD	BHINDI MASALA	BLACK CHANA	SOYABEEN MUTTER	CABBAGE PORIYAL	BLACK CHANA	GOBHI MUTTER	TAWA VEG
H.T(17:00TO18:00)							
MAIN	VEG MAGGI	CHOCOLATE DOUGNUT	BANANA CAKE	BHEL PURI	VEG PUFF	ALOO PYAZ KACHORI	BREAD PAKODA
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
DINNER(19:30TO21:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT CHAT	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	JEERA PULAO	STEAMED RICE	STEAMED RICE	STEAMED RICE/FRIED RICE	STEAMED RICE	STEAMED RICE
DAL	WHOLE MASOOR DAL TADKA	YELLOW DAL TADKA	MASOOR DAL TDKA	DAL MAKHANI	MOONG DAL TADKA	PUNJABI DAL TADKA	CHANA MOONG DAL TADKA
VEG		GHEEYA KOFTA CURRY	METHI MUTTER MALAI	ALOO TIKKI		SOYA CHANP MASALA	VEGETABLE BIRYANI
PANEER	MUTTER PANEER			PANEER LAZEEZ	CHILLI CHICKEN (BONE LESS)		KOFTA CURRY
NON VEG	EGG CURRY			BUTTER CHICKEN	CHILLI PANEER		CHICKEN BIRYANI
Dessert		SEVAIN KHEER	DRY FRUIT SHEERA	ROOH AFZA		BALUSHAI	VEG RAITA
Bread- I	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA	PHULKA
JAIN FOOD	MUTTER PANEER	TAWA VEG	METHI MUTTER MALAI	PANEER LAZEEZ	CHILLI PANEER	SOYA CHANP MASALA	KOFTA CURRY

BREAKFAST (7:30 to 9:30)							
DATE	21-Mar-22	22-Mar-22	23-Mar-22	24-Mar-22	25-Mar-22	26-Mar-22	27-Mar-22
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main-I	ALOO PARATHA	PALAK POORI	MIDI VADA	PLAIN PARATHA	DAL PARATHA	IDLI	CHANA
	CURD	ALOO BHAJI	SAMBHAR	ALOO BLACK CHANA	CURD	SEVAIYA UPMA	BHATURA
Main- II	CORN FLAKS	SHEERA	MASALA OATS	VEG UPMA	CORN FLAKS	SAMBAR	CORN FLAKS
	CHUTNEY		CHUTNEY	CHUTNEY		TOMATO CUTNEY	CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	TOMATO CUCMBER	TOMATO POTATO	COLESLAW	TOMATO CUCUMBER	COLESLAW	TOMATO POTATO
EGG	BOILED EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE

LUNCH (12:30 to 14:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	SPROUT SALAD	GARDEN FRESH SALAD	TOSSED SALAD	GARDEN FRESH SALAD	TOSED SALAD	GREEN SALAD
Rice Dish	JEERA RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE /VEG BIRYANI	STEAMED RICE	JEERA RICE	STEAMED RICE
DAL	TOOR DAL TADKA	KADHI PAKODA	RAJMA MASALA	VEG SAMBHAR	PINDI CHOLLE	LASUNI HING DAL TADKA	CHAWALI MASALA
VEG	TAWA VEG	ALOO BLACK CHANA	KADAI SOYABEEN	ALOO MASALA	KAHTTA METHA KADDU	ALOO GOBHI MUTTER	TAWA VEG
Curd/SOUP	BUTTER MILK	ROOH AFZA	CURD	VEG RAITA	BUTTER MILK	JAL JEERA	SWEET LASSI
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	PHULKA/PESARATTU	PHULKA/POORI	MULTIGRAIN ROTI	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GREEN CHUTNEY	GREEN CHUTNEY	GARLIC CHUTNEY	GREEN CHUTNEY	TOMATO CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
JAIN FOOD	TAWA VEG	BLACK CHANA	KADAI SOYABEEN	CABBAGE PORIYAL	KAHTTA METHA KADDU	GOBHI MUTTER	TAWA VEG

H.T(17.00TO18.00)							
MAIN	MAGGI	FRUIT CAKE	KHAMAN DOKLA	BHEL PURI	KACHORI	CHOCOLATE DOUGNUT	MIX SAUCE PASTA
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE

DINNER(19:30TO21:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	JEERA PULAO	STEAMED RICE	STEAMED RICE	STEAMED RICE/FRIED RICE	STEAMED RICE	STEAMED RICE
DAL	WHOLE MASOOR DAL TADKA	DAL MAKHANI	MASOOR DAL TDKA	TOOR DAL TADKA	MOONG DAL TADKA	DAL MAKHANI	CHANA MOONG DAL TADKA
VEG		DUM ALOO		BHINDI MASALA		SOYA CHANP MASALA	VEGETABLE BIRYANI
PANEER	MUTTER PANEER		PALAK PANEER		CHILLI CHICKEN (BONE LESS)		PALAK KOFTA CURRY
NON VEG	EGG CURRY		RARA CHICKEN		CHILLI PANEER		CHICKEN BIRYANI
Dessert		FRUIT CUSTARD		SEVAIN KHEER		JALEBI	VEG RAITA
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI
JAIN FOOD	MUTTER PANEER	TAWA VEG	STUFFED CAPSICUM MASALA	KOFTA CURRY	CHILLIPANEER	SOYA CHANP MASALA	PALAK KOFTA CURRY

AUDITS

PURPOSE - The purpose is to establish guidelines for conducting various audits against requirements of various food safety management system, guidelines being adopted & established internal requirements.

SCOPE - It is applicable for all the operational units of QFS

RELEVANT STAKE HOLDERS

S.No.	Process Step	Responsibility	Authorized by
1	GMP/GHP/Physical verification of store	Quality InCharge/Ops team	Quality Head
2	Vendor /Supplier Audit	Quality InCharge	Procurement
2	Internal Audit by Quess Management	Unit Head/Quality InCharge	GM/Business Head
3	NABH Audit – Coordinator	Quality Head/Unit Head	Client/Business Head

INTRODUCTION

Across all the QFS units various types of audits are carried out are as below

Types	**Dept**	**Audits**	**Frequency**
Internal audits	Quality Team/ Ops team/ Costing team	GMP audit, Store Physical verification (PV) audit.	Monthly/ Quarterly (PV)
Internal audits	Quess Management	Quess Management Audits	As per manageme nt schedule
Internal audits	Internal team of Quality Team /Op steam/ Procurement team -	Vendor/ Supplier Audit	Quarterly/ Biannually/ Yearly
Certification Audit	Certifying bodies /agencies	NABH – Co coordinator	As per unit requirement

PROCEDURE

GMP/GHP Audits

- Every month there will be a GMP/GHP audit conducted by the Quality Team or the Ops managers of site wherever Quality team are not available.
- Audit schedule will be made by the Quality Head and shared to the specific unit heads on monthly basis or can be surprise also anytime in a month
- Format/Checklist is provided to the auditors by the Quality Head against which the audit will be conducted.
- The marking for different points are to be followed as below
- All complied will be given 1(One) mark.
- Non critical & partially complied can be given between 1(One) to 0(Zero) as per their judgment in the complied column.
- If the requirement is critical to food safety and not complied then auditor can put -1(Minus one) mark in the major (Not complied) column.

NOTE - Requirements related to infrastructure and surrounding which is under scope of client and not complied has to be given as NA & mentioned as client scope in the complied column. Same has to be maintained and discussed with client at least bimonthly once and same to be documented in separate tracker.

- The sum of the negative marks will be deducted from the sum of the complied mark an on which the percentage is calculated.
- Post audit the auditor has to discuss the non-complied requirements with the unit head and get acknowledged.
- All the reports from auditors are to be shared with Quality Head in soft copy.
- Any other findings/observations apart of the list can be shared in the mail body or by creating another sheet in the report while sharing the report.
- The audit reports/work sheet can be kept with the auditor and the same has to be shared when asked.
- Quality Head shall share the result of the audit to all unit heads and business head in monthly review meeting.

2) Physical verification of store audit (Quarterly by Quality Team)

- On Quarterly basis there will be a Physical verification (PV) audit conducted by the Quality Team. However Cost controllers/ Executive of Ops Team support shall be taken wherever Quality in charges are not available.
- Audit schedule will be made by the Quality Head and shared to Store Head.
- A PV format is provided to the auditors against which the audit has to be carried out.
- After the audit, hard copy of the same with working format should be shared to Quality Head.
- It will be verified and all the compiled reports of QFS units should be shared to Store Head & Finance/Business Head of Food Services.
- For any deviations in the reports the Store –Head to come up with action plan taken with required approvals from Unit head/Finance Head.

3) Vendor/Supplier Audit

- A registered vendor list is maintained by the purchase team.
- Frequency of audits based on supplier category –Quarterly to Biannually.
- In case of emergency vendors can be audited as on when required & shall be uninformed.
- An audit date is finalized and audit is conducted on that day on coordinating with purchase team.
- Once the audit is done, a report which consists the score, non-conformities, area of improvements is submitted to the purchase team.
- The vendor is asked for the correction & corrective action for the identified NCs & Area of improvements if any with deadline.
- The vendor is followed up for the improvement by the purchase team and updated to Quality Executives.
- Re-visit by the Quality Team and purchase team to the site is done in case of major non-conformities.
- The findings and closures are acknowledged from the vendor and recorded for vendor performance analysis.

NOTE -If the vegetable suppliers doesn't have any segregation & storage **facility such vendor audit may be excluded.**

Small retailer & non-food supplier may also be excluded from the vendor audit.

4) Audits conducted by Quess Management

- There could be audits by Quess Management like Enterprise Risk Management (ERM) Audit/any new audits decided by Quess Management as part of continues improvement and to strengthen the existing process of Operation.
- A prior advance communication with agenda of the audit to be mailed to Unit Head/Business Head/GM of Ops with details like – Purpose of audit, how many auditors and the number of days of auditing will be done so that the Ops team can plan their operation of the unit and take client approval if needed.
- Auditors from Quess Management shall adhere to the QFS policies while in the premises of kitchen and shall be monitored/assisted by Senior Supervisors/Unit heads/Quality Head.
- Any documents need to verify shall be hand over by Quality InCharge/Unit heads and controlled copy to be provided if needed.
- After the audit the report shall be shared and discussed with Unit Head/Quality Head/Business Head/GM Ops before sharing to top management.
- For any deviations in the reports the Unit –Head/Quality Head - to come up with action plan with required approvals from GM Ops/Business Head.

SOP –STORE MANAGEMENT

PURPOSE: To ensure all category of raw materials being received as per the requirement applicable all material receive (stock able/non stock able) & chemicals.

SCOPE - The scope covers

a) Receiving

b) Storage

RELEVANT STAKE HOLDERS

S No	Process step	Responsibility	Authorized by
1	Purchase of material against raised indent	Store in-charge	Unit head
2 a	Receiving of the raw material-Stock able	Store In-charge	Quality Team/Unit Chef
b	Receiving of the raw material-Non Stock able	Store In-charge/Unit Chef/Quality Team	Quality Team/Unit Chef
3	Return of the rejected items	Store In-charge	Quality Team/Unit Chef
4	Storage of the received items	Store in-charge	Quality Team/Unit Chef
5	Issue of the items	Store in-charge	Unit chef/Unit Head
6	Inventory Management	Store in-charge	Unit Head

NOTE - **Non stock able items includes** –Fruits, Vegetables, Milk, Paneer (**might vary from unit to unit)** & Ready to eat items like packed Chapathi etc

Stock able items includes – Dry groceries like cereals/dhals/pulses/oil, non-perishable/semi perishable items etc

a) Receiving

Receiving

Quality check (dry, chilled and frozen)

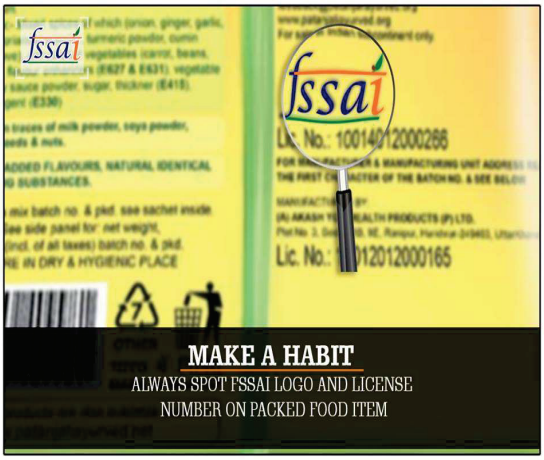
Temperature and infestation check

Transportation checked

I. General instruction at the time of receiving

- Check produce for signs of spoilage, insect & dirt.
- Check the temperature of delivered product using suitable thermometer when needed.
- Do not buy/use cans that are dents and packages for leaks and tears.

- Check the FSSAI & labeling details



- **Don't receive & accept any food materials which have manufacturing date more than 3 months especially MRP based/packed items and Ready to Eat /drink products. Frozen products may be expected**.
- Do not buy/use cans that are dents and packages for leaks and tears.

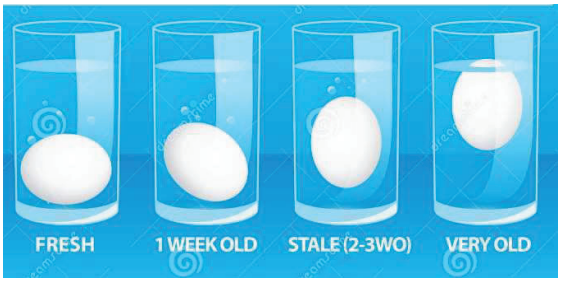
Meat /Fish/Poultry

- **Temperature:** The seafood/meat should be received ≤ **5° C** ,
- Frozen fish items shall be received **-18° C**
- Texture: Firmness, Color : No discoloration , Odour: No offensive odour
- Package: Container should be surrounded by Ice and not soiled.
- Within Expiry date and FSSAI labelling visible.
- No Feathers in case of poultry i.e., chicken.

Egg

- Shell: Clean , unbroken, no fecal matters
- Crates: No pest signs, free from dirt.

- Freshness test for eggs to be randomly carried out and recorded by Quality/Unit Chef whenever available.



Chilled & Frozen food

- Temperature: Chilled food should be received at ***5°C*** or below unless specified by manufacturer.
- Temperature: Frozen food should be received at ***-18°C.***
- Package in good condition (No Damage / leakage)
- No out dated/Expired Product & compiles with FSSAI Labelling

Ready to eat food/Packed items

- Ready to eat/drink food includes, baked chapatti, sweets, deep fried/ baked snacks, chats, cakes & pastries, flavored drinks/chips/biscuits etc.
- The condition of the vehicle is to be checked for the cleanliness and pest infestation.
- The food containers are to be checked for packaging, cleanliness.
- The items are to be checked for freshness, desired & texture and odour.
- No newspaper shall be used in any sort for packing /covering.

Vegetables & Fruits

An acceptance criteria for the fresh product would vary from each product. However basic common criteria of acceptance are as below.

Quality executive (whenever available)/Unit chef shall carry out the Inspection at the time of receiving.

In the absence of Quality/Unit Chef –Store InCharge shall also receive the same based on the below common criteria and accept it.

- Freshness, Appearance – like Size , Color , heavily spoiled/muddy
- No spoilage, moldy and fungal growth on outer surface.
- No sprouting (especially Potato, onions)
- No Damage /broken /holes/worm infestation

Milk

- Temperature of Dairy products should be received at ***5 °C*** or below
- Packaged in good condition & should not be soiled.
- Check the Best before dates should be printed properly, No smudging/manual written/sealed with ink to be found.
- No foul smell

Rejections

- In case of on-spot rejection, the material is immediately returned along with the vendor representative.
- If material cannot be not returned immediately, then it is ensured that the material is kept segregate in a defined segregated area and after that it is returned to the vendor.
- The action of rejection is noted in the Inspection and Rejection Record.
- If the partial or whole lot of the items is rejected by Quality Team /Unit Chef & stores will intimate purchase department for necessary action regarding rejection and replacement. There will be a rejection report generated by the store in-charge and shared to the procurement team.
- An acknowledgement shall be taken from the supplier on mail for rejected items.
- In case of short supply, partial rejection or complete rejection of a material, the vendor shall replace the required quantity within the agreed timeline defined by store/purchase In-charge.

b) Storage

1) General instruction for storage (Dry storage)

- Store dry items and packed items separately.
- Keep food items covered all the time.
- Ensure all foods items are labelled wherever required. Store all food 15cm (6 inches) off the floor to facilitate cleaning and to prevent pest movement coming in contact with food easily.
- If there are any Items with glass packaging it shall be kept on the lowest most rack.

Rotate stock using (FIFO- First in First Out) method i.e.

- What comes in first goes out first.
- It reducing waste & FIFO also makes it easier to identify food that is about to expire.

FEFO - An alternative method is first-expired, first-out (FEFO), **in which the products closest to expiration in inventory are issued first**.

- If the stock item is not moving over a period of time (2 weeks -1 month) or if it is near to expiry such stocks information shall be communicated to Chef/Unit head so that stocks can be issued for usage in production.
- On taking required approval either it has to be issued and moved out from the main store or need to check with the supplier for exchange before the best before usage date.

a) Walk In Cooler Storage & Deep Freezer

- The vegetables are stored inside the Cold room at ≤5°C and frozen items are kept inside the Deep freezer at -18°C immediately after receiving.
- The vegetables, fruits & dairy items shall be stored as per FIFO/FEFO.
- The in-processed and processed items are stored with manufacturing date, Use by date, and name of product.
- The temperature of walk-in cooler shall be maintained ≤5°C and the temperature of the deep freezers are maintained at -18°C.
- The temperature is recorded in the walk-in cooler temperature record & freezer record after every specified intervals.
- Items in cardboard boxes to be avoided in the cold units.

Records

Record name	Format number	Responsible
Approved Vendor list	QFS/HC/STR/ANX/02	Store In charge
Cleaning –Store	QFS/HC/STR/01	Store In charge
Chiller –Temperature	QFS/HC/STR/02	Store In charge
Freezer –Temperature	QFS/HC/STR/03	Store In charge
Receiving A & Rejection	QFS/HC/STR/04	Store In charge
Receiving B & Rejection	QFS/HC/STR/05	Store In charge
Sorting –Raw materials cleaning	QFS/HC/STR/06	Store In charge