



## Weekly Menu (Better than home-food!)

We have an on-site kitchen where we cook vegetarian, organic meals for lunch and early dinner. Food is served on stainless steel tableware.

**Morning Snack : Fresh cut fruit + cracker/whole grain bread with butter**

Day of the week	Lunch (~12:00 PM)	Early Dinner (~4:10 PM)
Monday	Khichdi with Ghee and variety of vegetables + Fruit/Baby carrots/Cucumber + Yogurt rice/Rasam rice	Roti + potatoSubzi+Fruit/Cucumber/Carrot +Milk
Tuesday	Spinach Rice + Fruit/Baby carrots/Cucumber + Yogurt rice/Rasam rice	Roti +Rajma/Chole +Fruit/Cucumber/Carrot +Milk
Wednesday	Idli + Ghee +Sambar with variety of vegetables +Sauteed broccoli + Yogurt rice/Rasam rice	Upma with vegetables +Banana + Milk
Thursday	Lemon Rice+ ChannaSundal+ Fruit/Baby carrots/Cucumber + Yogurt rice/Rasam rice	Roti + Daal with vegetables +Fruit/Cucumber/Carrot + Milk
Friday	Pasta with red sauce, butter and variety vegetables + Fruit/Baby carrots/Cucumber + Yogurt rice/Rasam rice	Roit+ Tofu/PaneerSubzi +Fruit/Baby carrots/Cucumber +Milk

**Finest Organic ingredients:**

**Rice, Pasta, Milk, Butter, Cereal, Bread, all spices and herbs, all types of lentils, all fruits and vegetables that are consumed without skinning are organic**

**Turmeric powder and some of the spices are homegrown and organic.**

**Fresh Ghee is made on-site from organic butter and fresh yogurt is made daily with organic milk**

**Idli batter and Rotis are made fresh in our kitchen using 100% organic ingredients.**