



VEGETARIAN

ASIAN FUSION

(1300kcal - 1500kcal)

22th-28th December

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Paneer goan curry with flatbread	Tofu shami kebab with mixed vegetable salad	Crisypy potaotes	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Vegetable upma	Paneer Gobhi Matar with bread	Soya Chunk korma with quinoa	Raspberry bars	Lemon mint (lemon, mint)
WEDNESDAY	Mocha overnight oats	Tofu teriyaki with sweet potato	Chana jalfrezi with fried rice	Seasoned cauliflower florets	Citrus (strawberries, orange, lemon)
THURSDAY	Aloo paratha	Paneer chettinad with steam rice	Lentil curry with bulgur	Carrot cake	Iced Tea (apple, cinnamon)
FRIDAY	Mango chia pudding	Beans tikka with roasted potato	Tofu curry with roti	Brownie	Cucumber mint infused water (mint, lemon, orange)
SATURDAY	Flattened rice (POHA)	Rajma kadai with rice	Sweet chili Soya with couscous	Sliders	Sunset (carrot, orange, apple)
SUNDAY	Green crepes	Palak Sabzi with flat bread	Paneer tikka masala with rice	Fruit parfait	Lemon mint (lemon, mint)