

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	PANCAKE	OATS PORRIDGE	UPMA	MILD VEGETABLE CURRY	SAMOLINA PORRIDGE	PANCAKE	OATS PORRIDGE
	BOILED EGGS	FRIED EGGS	OMELETTE	BOILED EGGS	FRIED EGGS	OMELETTE	FRIED EGGS
	PAROTTA	POORI	PAROTTA	POORI	PAROTTA	POORI	POORI
	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD
	JAM / BUTTER	JAM / HONEY	JAM / BUTTER	JAM / HONEY	JAM / BUTTER	JAM / HONEY	JAM / BUTTER
	TEA	TEA	TEA	TEA	TEA	TEA	TEA
LUNCH	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	CHICKEN STEW	BEEF STEAK	FISH WITH TOMATO SAUCE	ROAST CHICKEN	BEEF RAGOUT	VEGETABLE STEW	FRIED FISH
	PULAO	MASHED POTATO	BUTTER RICE	FRENCH FRIES	PULAO	UGALI	FRENCH FRIES
	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT
DINNER	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	BEEF STEW	BAKED FISH AND PASTA	CHICKEN STEW	BEEF STEW	VEGETABLE CURRY	FRIED CHICKEN	BEEF STEW
	FRENCH FRIES	BEANS STEW	PULAO	UGALI	PULAO	GITHERI	IRIO
	FRUIT	SWEET	FRUIT	SWEET	FRUIT	SWEET	SWEET
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE

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PO Box: 150604, Sharjah, United Arab Emirates. Tel.: +971 6 538 51 18, Fax: +971 6 544 18 49, Email: arcllc@eim.ae.

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	PANCAKE	OATS PORRIDGE	SADZA	PANCAKES	OATS PORRIDGE	SADZA	FRENCH TOAST
	BOILED EGGS	FRIED EGGS	OMELETTE	BOILED EGGS	FRIED EGGS	OMELETTE	FRIED EGGS
	PAROTTA	PAROTTA	PAROTTA	PAROTTA	PAROTTA	PAROTTA	PAROTTA
	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD
	JAM / BUTTER	JAM / HONEY	JAM / BUTTER	JAM / HONEY	JAM / BUTTER	JAM / HONEY	JAM / BUTTER
	TEA	TEA	TEA	TEA	TEA	TEA	TEA
LUNCH	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	NYMA YE HUKU	FISH RAGOUT	CHICKEN STEW	FREID FISH	CHICKEN STEW	BEEF STEW	FISH STEW
	CORN MEAL WITH PUMPKIN	FRIED POTATO / TOMATO SAUCE	UGALI	FRENCH FRIES	SATZA	BAKED POTATOES	GITHERI
	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT
DINNER	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	BEEF STEW	VEGETABLE CURRY	FRIED CHICKEN	BEEF STEW	KFC	NYMA YE HUKU	CHICKEN STEW
	SADZA	PULAO	GITHERI	IRIO	FRENCH FRIES	CORN MEAL WITH PUMPKIN	PULAO
	FRUIT	SWEET	FRUIT	SWEET	FRUIT	SWEET	SWEET
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE

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	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	UJI	OATS PORRIDGE	UPMA	MILD VEGETABLE CURRY	SAMOLINA PORRIDGE	UJI	OATS PORRIDGE
	BOILED EGGS	FRIED EGGS	OMELETTE	BOILED EGGS	FRIED EGGS	OMELETTE	FRIED EGGS
	PAROTTA	PAROTTA	PAROTTA	PAROTTA	PAROTTA	PAROTTA	PAROTTA
	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD
	JAM / BUTTER	JAM / HONEY	JAM / BUTTER	JAM / HONEY	JAM / BUTTER	JAM / HONEY	JAM / BUTTER
	TEA	TEA	TEA	TEA	TEA	TEA	TEA
LUNCH	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	KUKU NA NAZI MBABAZI	BEEF STEW	MTUZI WA SAMAKI	ROAST CHICKEN	SAMAKI WA KUNGANGI	SUKUMAWIKI	SAMAKI WA KUKAAGA
	PULAO	IRIO	GITHERI	KUNDE	PULAO	UGALI	FRENCH FRIES
	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT
DINNER	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	FRIED CHICKEN	SUKUMAWIKI	KUKU PAKA	BEEF STEW	VEGETABLE CURRY	FRIED CHICKEN	BEEF STEW
	FRENCH FRIES	UGALI	PULAO	UGALI	PULAO	GITHERI	IRIO
	FRUIT	SWEET	FRUIT	SWEET	FRUIT	SWEET	SWEET
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE

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	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	FETA CHEESE	BOILED EGGS	GRILLED SAUSAGES	FRIED EGGS	FETA CHEESE	BOILED EGGS	FOUL MEDAMES
	FOUL MEDAMES	PANCAKE	LABNEH	FOUL MEDAMES	FOUL MEDAMES	PANCAKE	PANCAKE
	OLIVES	GREEN SALAD	OLIVES	GREEN SALAD	OLIVES	GREEN SALAD	GREEN SALAD
	ARABIC BREAD/SLICED BREAD	ARABIC BREAD/SLICED BREAD	ARABIC BREAD/SLICED BREAD	ARABIC BREAD/SLICED BREAD	ARABIC BREAD/SLICED BREAD	ARABIC BREAD/SLICED BREAD	ARABIC BREAD/SLICED BREAD
	JAM/BUTTER	JAM/HONEY	JAM/BUTTER	JAM/HONEY	JAM/BUTTER	JAM/HONEY	JAM/BUTTER
	TEA WITH MILK	TEA WITH MILK	TEA WITH MILK	TEA WITH MILK	TEA WITH MILK	TEA WITH MILK	TEA WITH MILK
LUNCH	TABOULEH	FATOUSH	HAMMOUS	MOUTABEL	TABOULEH	FATOUSH	HAMMOUS
	DEJAJ AL MOHAMMAR	MACARONI WITH MEAT SAUCE	CHICKEN KABSA	KOFTA POTATO	FRIED FISH	KHAROUF MALFUF	CHICKEN BIRIYANI
	ARABIC RICE	BAMIA BEL ZEIT	FOUL ARIDA BEL ZEIT	VERMICELLI RICE	RICE/NUTS	FRIED CAULIFLOWER / MARROW	FRIED CAULIFLOWER / MARROW
	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT	YOGHURT
DINNER	HAMMOUS	MOUTABEL	TABOULEH	HAMMOUS	MOUTABEL	FATOUSH	FATOUSH
	TANDOORI CHICKEN	MIXED PIZZA	CHICKEN ESCALOPE	PIZZA	BEEF STEAK	DAJAJ MOHAMMAR/TOMATO SAUCE	FRIED CHICKEN

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FRIED POTATO WEDGES	GARLIC MAYO	FRENCH FRIES	ROAST POTATO	FRIED RICE	ARABIC RICE	COLE SLAW
CHICKEN SANDWISHES	MACHBOUS RICE	CHEESE ANT TOMATO SANDWICHES	VEG CUTLETS	GRILLED VEGETABLES	FRIED VEGETABLES IN TAHINA SAUCE	FRENCH FRIES
FRUIT	SWEET	FRUIT	SWEET	FRUIT	SWEET	SWEET
JUICES	JUICES	JUICES	JUICES	JUICES	JUICES	JUICES

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**Sample Menu : FILIPINO**

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	SUNNY SIDEUP	SCRAMBLED EGG	HARD BOILED EGG	SUNNY SIDE UP	HARD BOILED EGG	SCRAMBLE EGG	SPAGHETTI ARAZCALDO
	JASMIN RICE	JASMIN RICE	JASMIN RICE	ARASCALDO	JASMIN RICE	JASMIN RICE	SUNNY SIDE UP
	PANCIT BIHON	VEGETABLE AND SAUSAGE SOUP	MINCED MEAT W/ POTATO	PANCHIT CONTON	MEAT ALL (SAUCE)	SAUSAGE	GARLIC RICE
	TEA W/ MILK	TEA W/ MILK	TEA W/ MILK	TEA W/ MILK	TEA W/ MILK	TEA W/ MILK	TEA W/ MILK
LUNCH	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
	FRIED RICE	RICE	RICE	RICE	RICE	RICE	RICE
	FRIED FISH	SINIGANG FISH	TINOLANG MANOK	SINIGANG NA BAKA	FRIED FISH	ADOBONG MANOK	CHICKEN W/ COCONUT MILK
	MONGGO	EGG PLANTFRY	STIR FRIED CABBAGE AND CARROT	EGGPLANT TORTA	PAKBET	VEG CHOWMEIN	STIR FRIED VEG
DINNER	SWEET CORN EGG DROP	VEGETABLE AND NOODLE SOUP	CHICKEN AND MUSHROOM CREAM SOUP	COCONUT CHICKEN SOUP	SWEET CORN CHICKEN SOUP	FISH SOUP	CREAM OF MUSHROOM SOUP
	JASMIN RICE	PANCHIT CONTON	JASMIN RICE	EGG FRIED RICE	PANCHIT BIHON	JASMIN RICE	JASMIN RICE
	ASADON MANOK	BISTEK TAGLOG	SINGNAG NABAKA	FRIED CHICKEN	BEEF CURRY	BEEF TAPA	KALDERETANG BAKA
	APPLE	ORANGE	BANANA	APPLE	ORANGE	BANANA	ORANGE
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE

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**Sample Menu: PAKISTANI NON VEGETARIAN**

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST							BOILED EGGS
	POORI	PARATHA	POORI	PARATHA	POORI	PARATHA	POORI / SHEERA
	ALOO BHAJI	GREEN PEAS	BLACK CHANNA	ALOO BHAJI	GREEN PEAS	BLACK CHANNA	WHITE CHANA MASALA
	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK
LUNCH	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	CHICKEN BIRYANI
	TANDOORI ROTI	TANDOORI ROTI	TANDOORI ROTI	TANDOORI ROTI	TANDOORI ROTI	TANDOORI ROTI	TANDOORI ROTI
	DHAL MASALA	METHI DHAL	BLACK GRAM DHAL	DHAL PALAK	DHAL MAKHANI	DHAL MASALA	DHAL TADKA
	CHICKEN KADAI MASALA	CHICKEN CHILLI	KHEEMA ALOO KARACHI	CHICKEN MAKHANI	BEEF PAKODA CURRY	CHICKEN FRY	RAITHA & PICKLE
DINNER	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE
	TANDOORI ROTI	TANDOORI ROTI	TANDOORI ROTI	TANDOORI ROTI	TANDOORI ROTI	TANDOORI ROTI	TANDOORI ROTI
	YELLOW DHAL	MASSOR DHAL	YELLOW DHAL	DHAL MASALA	DHAL FRY	DHAL PALAK	DHAL MAKHANI
	CHICKEN METHI MALAI	CHICKEN MASALA	CHICKEN KADAI MIRCHI	MUTTON PALAK	CHICKEN HYDRABADI	CHICKEN METHI MALAI	MUTTON POTATO CURRY
	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE
	FRUIT	SWEET	FRUIT	SWEET	FRUIT	SWEET	SWEET

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**Sample Menu : BANGLADESHI NON VEGETARIAN**

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST							BOILED EGGS
	POORI	PARATHA	POORI	PARATHA	POORI	PARATHA	POORI / SHEERA
	ALOO BHAI	GREEN PEAS	BLACK CHANNA	ALOO BHAI	GREEN PEAS	BLACK CHANNA	WHITE CHANA MASALA
	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK
LUNCH	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	CHICKEN BIRYANI
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	DHAL MASALA	METHI DHAL	BLACK GRAM DHAL	DHAL PALAK	DHAL MAKHANI	DHAL MASALA	DHAL TADKA
	CHICKEN KADAI MASALA	CHICKEN CHILLI	KHEEMA MUTTER	CHICKEN MAKHANI	FISH POTATO CURRY	CHICKEN FRY	RAITHA & PICKLE
DINNER	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	YELLOW DHAL	MASSOR DHAL	YELLOW DHAL	DHAL MASALA	DHAL FRY	DHAL PALAK	DHAL MAKHANI
	EGGPLANT FISH CURRY	CHICKEN MASALA	CHICKEN KADAI MIRCHI	KHEEMA ALOO	BEEF POTATO CURRY	FISH MUSTARD CURRY	MUTTON POTATO CURRY
	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE
	FRUIT	SWEET	FRUIT	SWEET	FRUIT	SWEET	SWEET

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**Sample Menu : NEPALI NON VEGETARIAN**

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST							BOILED EGGS
	POORI	PARATHA	POORI	PARATHA	POORI	PARATHA	POORI / SHEERA
	ALOO BHAJI	GREEN PEAS	BLACK CHANNA	ALOO BHAJI	GREEN PEAS	BLACK CHANNA	WHITE CHANA MASALA
	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK
LUNCH	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	CHICKEN BIRYANI
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	DHAL MASALA	METHI DHAL	BLACK GRAM DHAL	DHAL PALAK	DHAL MAKHANI	DHAL MASALA	DHAL TADKA
	GHURKA CHICKEN CARDOMOM CURRY	CHICKEN CHILLI	FISH PEPPER MASALA	CHICKEN DARGILING	FISH PHADI CURRY	CHICKEN FRY	RAITHA & PICKLE
DINNER	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	YELLOW DHAL	MASSOR DHAL	YELLOW DHAL	DHAL MASALA	DHAL FRY	DHAL PALAK	DHAL MAKHANI
	CHICKEN MAKHANI	CHICKEN SIMLA MIRCHI	MUTTON BHUTUWA	SAUSAGE SOYA BHUJIA	BUTTER CHICKEN MASALA	FISH ROAST MASALA	MUTTON POTATO CURRY
	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE
	FRUIT	SWEET	FRUIT	SWEET	FRUIT	SWEET	SWEET

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**Sample Menu: INDIAN NON VEGETARIAN**

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	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	POORI	PARATHA	POORI	PARATHA	POORI	PARATHA	POORI / SHEERA
	ALOO BHAJI	GREEN PEAS	BLACK CHANNA	ALOO BHAJI	GREEN PEAS	BLACK CHANNA	WHITE CHANA MASALA
	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK	BLACK TEA / TEA WITH MILK
LUNCH	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	VEGETABLE BIRYANI
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	DHAL MASALA	METHI DHAL	BLACK GRAM DHAL	DHAL PALAK	DHAL MAKHANI	DHAL MASALA	DHAL TADKA
	LAUKI BLACK CHANNA	MIXED VEGETABLE CURRY	ALOO MUTTER	CHANNA MASALA	SAMBAR	LOBIA PUPKIN MASALA	RAITHA & PICKLE
DINNER	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE
	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
	YELLOW DHAL	MASSOR DHAL	YELLOW DHAL	DHAL MASALA	DHAL FRY	DHAL PALAK	DHAL MAKHANI
	PAKODA KHADI	DRY THREE BEANS MASALA	BUTTER MILK & CHUTNEY	DRY DHAL CABBAGE	ALOO GOBI MUSROOM MASALA	PAKODA KHADI	BUTTER MILK & FRIED CHILLY
	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE	SALAD & PICKLE
	FRUIT	SWEET	FRUIT	SWEET	FRUIT	SWEET	SWEET

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**Note:**

- \*For Breakfast
    - Chapathi/Parotha 4 pcs
    - Oats approx qty is 100g
    - 2 eggs could be served on Friday
    - Breakfast Main Course is approx 220 g
  
  - \*For Lunch/Dinner
    - Chapathi 3 pcs or Tandoori Roti 2 pcs ( if it consumed along with rice)
    - Chapathi or Tandoori Roti 4 pcs ( if it chapathi choice alone)
    - Main Course qty approx 220g
    - Fried non veg main courses 220g(w/sauce)
    - Dhal 120 g
    - Standard Rice approx 300g (if rice alone)
    - Standard Rice approx 200 g ( if along w/chapathi or T.roti)
- Standard sweet/yoghurt approx 150g
- One piece of fruit per person
- Standard Salad (mixture of carrot,lettuce,cabbage,tomato,lemon) approx 100g

**Menu items may vary according to the availability in market / variety**

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