

Breakfast						
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Fresh Fruit Juice	Fresh Fruit Juice	Fresh Fruit Juice	Fresh Fruit Juice	Fresh Fruit Juice	Fresh Fruit Juice	Fresh Fruit Juice
Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits
Sabudana Khichdi	Samak Khichdi	Poha	Oats	Masala Poha	Veg Oats	Masala Oats
Lettuce Spinach Salad	Sprouts Salad	Black Chana Salad	Grilled Tomato	Quinoa Salad	Grilled Potato	Apple Sprouts Salad
Daal Chilla	Besan Parantha and Curd	Beetroot Chilla	Buckwheat (kuttu)Parantha and Curd	Nuts Sabudana Cutlets	Ragi Parantha/ Pancake and Curd	Quinoa Upma
Sauces/Chutneys	Sauces/Chutneys	Sauces/Chutneys	Sauces/Chutneys	Sauces/Chutneys	Sauces/Chutneys	Sauces/Chutneys
<i>By order</i>						
Tea- Lemon / Green /Herb /Masala/ Coffee	Tea- Lemon / Green /Herb /Masala/ Coffee	Tea- Lemon / Green /Herb /Masala/ Coffee	Tea- Lemon / Green /Herb /Masala/ Coffee	Tea- Lemon / Green /Herb /Masala/ Coffee	Tea- Lemon / Green /Herb /Masala/ Coffee	Tea- Lemon / Green /Herb /Masala/ Coffee

Lunch						
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Butter Milk	Corriander Mint Slush	Lemon Mojito	Green Juice	Beetroot Spinach Juice	Aloevera Amla Juice	White Gourd Amla Juice
Cucumber Raita	Boondi Raita	Beetroot Raita	Pineapple Raita	Mint Raita	Veg Raita	Butter Milk
Black Beans Veg Salad	Honey Sesame Carrot Salad	Roasted Mushroom with veg	Raw Papaya Salad	Corn Chaat	Russian Salad	Greek Salad
Sauteed Broccoli with Bell Peppers	Veg Paprika	Basil Tossed Veg	Baby corn and Spinach	Steamed Protein Bowl	Herbed Moringa Gobhi	Young Beans and Peas
Moong Daal	Chana Daal	Panchratna Daal	Himachali Kadi	Daal Basil	Daal Palak	Moringa Daal Tadka
Aloo Paleda (Himachali)	Lauki Tamatar Ki Sabzi	Palak Corn	Kheera ki Sabzi	Adraki Gobhi	Yam Masala	Khata Kadu(Himachali)
Besan Roti	Ragi Roti	Multigrain Roti	Jo/Chana Roti	Mutigrain roti	Buckwheat (Kuttu) Roti	Guest Choice roti
Red Rice/ Brown Rice	Khichdi	Lemon Rice	Veg Khichdi	Tomato Rice	Spinach Rice	Beeroot Khichdi
Papad	Papad	Papad	Papad	Papad	Papad	Papad

Dinner						
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Daal Adrak ka Shorba	Lauki and Palak Shorba	Roasted Pumpkin Soup	Tomato Basil Soup	Carrot and Ginger Soup	Broccoli Spinach Soup	Kangri Dham Thali
Chickpea Cucumber Salad	Herbed Sautee Veg	Cucumber Sesame Salad	CRISPY LETTUCE SALAD	BEETROOT TOFU SPINACH SALAD	Smoked Pumpkin	
Mix Daal	Daal Methi	Rajma (Himachali)	Daal Bukhara	Mushoor Daal	Daal Makhani	
Paneer Paprika	Palak Paneer	Paneer Korma	Kadai Paneer	Dum Aloo	Paneer Keema Masala	
Yam Mutter Curry	Moringa Palak and Mushroom	Tawa Bhindi	Khata Baingan (Himachali)	Sarso ka Saag	Lauki Kofta Curry	
Veg Pulao	Quinoa Khichdi	Pudina Pulao	Biryani	Plain Rice	Herbed Rice	
Jo/Chana Roti	Multigrain Roti	Buckwheat (Kuttu) Roti	Ragi Roti	Makke Ki Roti	Guest Choice Roti	
Carrot Halwa	Shakarkand Kheer	Lauki Halwa	Sabudana Kheer	Nut Chikki	Panjiri	
Papad	Papad	Papad	Papad	Papad	Papad	