



tasting bay

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Beetroot Idli with Sambar Coconut chatney	Scrambled masala egg bhurji wrap	Mango overnight oats	Suji upma with corriander chutney	Poha Masala with corriander chatney	Scrambled paneer bhurji wrap
Lunch	Paneer Makhani with Brown Rice	Asian Chicken Eggplant yellow curry with Jasmin Rice	Fish Chettinaducurry with Jowar Roti	Chicken Kholapuri with brown rice	Mushroom Curry with Jasmine cumin Brown Rice	Vegetable kofta curry with Organic Gluten free Roti
Dinner	Carrot Mashroom Sweet potato fritters with tamrind chatney	Konkani style fish roast with superfood veggie bowl	Rajesthani chicken grill with Asian Slaw Salad	Paneer chilli with Ayurvedic cucumber salad	Chicken shekh kababs with spianch Lemon grass soup	Palak Paneer with Beetroot Quinoa
AM Snack	Apple Pear Pomegranate Fruit Bowl mix	Kiwi Mint Juice	Blueberry cheese cake	Low carb Cream Caramel	Protein Bhel	Spinach Tikki with mint chatney
PM Snack	Choco Bomb Ladoos	Pickeled vegetables with hamus	Green and Black grapes Fruit Bowl	Melon Bowl	Coconut Water	Corn and edamame chaat

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