

## Sample Menu

| Breakfast                                      | Lunch           | Dinner               | Refreshments |
|--|-----------------|----------------------|--------------|
| Assorted breads                                | Vegetarian Soup | Vegetarian Soup      | Tea/Coffee   |
| Juice  | Salad Bar       | Indian crisp         | Cookies      |
| Detox water                                    | Indian curry    | Vegetable Lasagna    |              |
| Choice of traditional South indian idlis/Dosas | Indian Dal      | Stir fried vegetable |              |
| Sambar + 2 types of chutneys)                  | Steamed Rice    | Vegetable Fried rice |              |
| Breakfast cereals                              | Indian bread    |                      |              |
| Milk   | Indian crisp    |                      |              |
| Fresh fruits                                   | Rasam           |                      |              |
| Tea/Coffee                                     | Ice cream       |                      |              |