



## MEALS BOX MENU

Week 1

DAYS	MAIN COURSE 1	MAIN COURSE 2	SIDE DISH 1	SIDE DISH 2	SIDE DISH 3
MONDAY	JEERA RICE	CURD RICE	SNAKE GOURD PORIYAL	VEG PORIYAL	KARA VADA
TUESDAY	COCONUT RICE	CARROT CURD RICE	CARROT PORIYAL	POTATO KARA CURRY	FRYUMS



## MEALS BOX MENU

Week 2

DAYS	MAIN COURSE 1	MAIN COURSE 2	SIDE DISH 1	SIDE DISH 2	SIDE DISH 3
MONDAY	CURRY LEAVES RICE	CURD RICE	THATTA PAYIR KOOTU	CABBAGE PORIYAL	FRYUMS
TUESDAY	LEMON RICE	CURD RICE	LIMA BEANS TOMATO MASALA	VEG PORIYAL	FRYUMS
WEDNESDAY	GARLIC DHAL RICE	CARROT CURD RICE	LIMA BEANS TOMATO MASALA	BEEET-ROOT PORIYAL	FRYUMS
THURSDAY	THATAMPAYIR PULI SATHAM	GRAPES CURD RICE	BINIDHI DEEP FRY	CHOW CHOW KUTTU	FRYUMS
FRIDAY	COCONUT MILK	CURD RICE	BINIDHI DEEP FRY	BOTTLE GUARD KOTTU	FRYUMS
SATURDAY	BISIBELA BATH	DRY FRUIT CURD RICE	AMARANTH KOOTU	CARROT PORIYAL	SPICY VADA
SUNDAY	SHALLOT RICE	CURD RICE	CABBAGE PORIYAL	BRINJAL PULIKOOTU	FRYUMS



## MEALS BOX MENU

Week 3



DAYS	MAIN COURSE 1	MAIN COURSE 2	SIDE DISH 1	SIDE DISH 2	SIDE DISH 3
MONDAY	TOMATO RICE	CURD RICE	POTATO KARA CURRY	PUDALANGAI KOOTU	FRYUMS
TUESDAY	COCONUT RICE	CURD RICE	BEEET-ROOT PORIYAL	ASHGOURD MILK KOTTU	FRYUMS
WEDNESDAY	SAMBAR RICE	CURD RICE	CARROT PORIYAL	BOTTLE GOURD KOOTU	FRYUMS
THURSDAY	LEMON RICE	CURD RICE	KOVAKAI PORIYAL	TOMATO COWPEA PULI KOTTU	FRYUMS
FRIDAY	VEG BRIYANI	CURD RICE	YAM FRY	CHOW CHOW KOOTU	FRYUMS
SATURDAY	SPL PULIYODRAI	CURD RICE	BINDI PULI KOOTU	VEG PORIYAL	FRYUMS
SUNDAY	CORIANDER RICE	CURD RICE	BITTER GROUND PULI PACCHADI	AMARNATH MASIYAL	FRYUMS



## MEALS BOX MENU

Week 4



DAYS	MAIN COURSE 1	MAIN COURSE 2	SIDE DISH 1	SIDE DISH 2	SIDE DISH 3
MONDAY	TOMATO RICE	CURD RICE	CAULIFLOWER MASALA	BRINJAL SUNDAL PULI KOOTU	FRYUMS
TUESDAY	COCONUT RICE	CURD RICE	AMARANTH LEAVES KOOTU	SNAKE GOURD PORIYAL	FRYUMS
WEDNESDAY	SAMBAR RICE	CURD RICE	PEAS POTATO VARUVAL	BINDIMASALA	FRYUMS
THURSDAY	LEMON RICE	POMO CURD RICE	BEETROOT PORIYAL	MASALA SUNDAL	FRYUMS
FRIDAY	VEG BRIYANI	CURD RICE	BOTTLE GOURD DAL KOOTU	RAW BANANA FRY	FRYUMS
SATURDAY	SPL PULIYODRAI	CURD RICE	CABBAGE KADALAI PARRUPU	POTATO MILK KOOTU	FRYUMS
SUNDAY	CORIANDER RICE	CURD RICE	KERALA AVIYAL	CABBAGE CARROT PORIYAL	FRYUMS



# MEALS BOX MENU

Week 5



DAYS	MAIN COURSE 1	MAIN COURSE 2	SIDE DISH 1	SIDE DISH 2	SIDE DISH 3
MONDAY	TOMATO RICE	CURD RICE	SNAKE GOURD PORIYAL	POTATO KARA CURRY	FRYUMS
TUESDAY	COCONUT RICE	CURD RICE	AMARANTH KOOTU	CARROT PORIYAL	FRYUMS
WEDNESDAY	SAMBAR RICE	CURD RICE	BEEET-ROOT PORIYAL	POTATO MILK KOOTU	FRYUMS
THURSDAY	LEMON RICE	POMO CURD RICE	POTATO PEAS MASALA	BOTTLE GOURD KOOTU	FRYUMS
FRIDAY	VEG BRIYANI	CURD RICE	GOBI FRY	VEG PORIYAL	FRYUMS
SATURDAY	SPL PULIYODRAI	CURD RICE	ASHGOURD SUNDAL PULI KOTTU	CHOW CHOW KOTTU	FRYUMS
SUNDAY	CORIANDER RICE	CURD RICE	POTATO KARA CURRY	CARROT CABBAGE PORIYAL	FRYUMS
MONDAY	TOMATO RICE	CURD RICE	VEG PORIYAL	RAW BANANA MASALA	FRYUMS