

SUGGESTED FOOD MENU

- Cereals, Pulses, Green Vegetables, Potato, Saag, Nutrela (Soya Chunks), Besan Curry, Plain Dal, Green Salad, Fruits and Sprouts.
- Plain Rice, Zeera Rice, Khichri and Nutrela Rice. Roti/ Phulka, Dal Roti, Missi Roti, Makki ki Roti (unfried, without oil/ butter) and Tandoori Roti.
- Bread/ Kulcha/ Double Roti, Rusk, Chocolate Biscuits, Roasted Channa and Jaggery, Sambar, Idli, Uttapam, Poha, Vegetable Sandwich (without cream / butter / cheese), Bread Jam, Kashmiri Nan (girda), and Steamed Dumplings (Vegetable Momos).
- Herbal Tea, Coffee, Low Fat Curd, Sharbat, Lemon Squash/ Water, Low Fat Milk, Fruits Juice, Vegetable Soup, Mineral Water, Gulcose (in standard packet form).
- Kheer (Rice/ Sabudana), White oats (Daliya), Figs, Raisins, Apricots, Other Dry fruits (only roasted / raw), Low Fat Milk Sawain, Honey, Boiled Sweets (Candy), Roasted Papad, Khakra, Til ka Ladoo, Dhokla, Chikki (Guchak), Reweri, Phulian Makhane, Murmara, Dry Petha, Amla Muraba, Fruit Muraba and Green Coconut.