



## A top-down view of a traditional Indian thali meal served on a wooden table. The meal consists of a central silver platter with a mound of white rice, a piece of naan, and a variety of small bowls containing different curries and side dishes. Surrounding the platter are several larger metal bowls filled with specific dishes like okra, potatoes, and lentils. The entire spread is garnished with fresh herbs and served on a rustic wooden background.

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## SUNDAY

### BREAKFAST

Tea / Coffee

Mysore Bonda +  
Chutney or  
Poha + Chutney

### LUNCH

Egg Fried Rice  
Veg Fried Rice  
with Chilli &  
Tomato Sauce

### DINNER

Rice Item /  
Chicken  
Biryani /  
Paneer Biryani

Chapathi /  
Phulka

Chicken Item  
for Non  
Vegetarian

Panner Item  
for Vegetarian

Buttermilk

## MONDAY

### BREAKFAST

Tea / Coffee

Veg Noodles or  
Samiya Bath  
Chilli & Tomato  
Sauce

### LUNCH

Rice Item

Dal Item

Vegetable Fry

Rasam

Buttermilk

### DINNER

Rice Item

Chapathi /  
Phulka

Vegetable  
Curry Item

Dal Item

Buttermilk

Sweet Item

## TUESDAY

### BREAKFAST

Tea / Coffee

Poori with  
Potato Kurma /  
Mix Veg / Black  
Channa /  
Bombay Sagu

### LUNCH

Rice Item

Dal Item

Vegetable Fry

Rasam

Buttermilk

### DINNER

Rice Item

Chapathi /  
Phulka

Vegetable  
Curry Item

Dal Item

Buttermilk

Boiled Egg

## WEDNESDAY

### BREAKFAST

Tea / Coffee

Idly With  
Chutney  
& Sambar

### LUNCH

Rice Item

Dal Item

Vegetable Fry

Rasam

Buttermilk

### DINNER

Rice Item

Chapathi /  
Phulka

Chicken Item  
for Non  
Vegetarians

Paneer Item  
for Vegetarians

Buttermilk



## THURSDAY

### BREAKFAST

Tea / Coffee

Chole Bhature /  
Vegetable  
Upma+  
Chutney

### LUNCH

Rice Item

Dal Item

Vegetable Fry

Rasam

Buttermilk

### DINNER

Rice Item

Chapathi /  
Phulka

Vegetable  
Curry Item

Dal Item

Buttermilk

Boiled Egg

## FRIDAY

### BREAKFAST

Tea / Coffee

Dosa/Masala  
Dosa/Uthappam  
with White  
Chutney& Red  
Chutney

### LUNCH

Rice Item

Dal Item

Vegetable Fry

Rasam

Buttermilk

### DINNER

Rice Item

Chapathi /  
Phulka

Vegetable  
Curry Item

Dal Item

Buttermilk

Sweet Item

## SATURDAY

### BREAKFAST

Tea / Coffee

Paratha's(Aloo  
Gobi/Palak/Pudi  
na/Methi) with  
Chutney &  
Sauce

### LUNCH

Rice Item

Mix Veg Sambar

Vegetable Fry

Papad

Buttermilk

### DINNER

Vegetable  
Biryani / Pulao/  
Veg Fried Rice/  
Tomato Pulao

Veg Starter

Curd/Cucumber  
/Onion Raitha

Boiled Egg



## CHICKEN ITEMS

Kadai Chicken  
Chilli Chicken  
Chicken Fry  
Chicken Kabab  
Palak Chicken  
Pudina Chicken  
Butter Chicken Gravy  
Dhaba Style Chicken  
Curry

## PANNER/GOBI ITEMS

Kadai Paneer  
Chilli Paneer  
Mutter Paneer  
Palak Paneer  
Paneer Butter Masala  
Paneer Makhani  
Butter Chicken Gravy  
Gobi Manchurian  
Chilli Gobhi

## SWEET ITEMS

Bombay Halwa  
Gulab Jamoon  
Kesari Bath  
Badhusha  
Semiya Payasam  
Sabur Dhana Kheer

## RICE ITEMS

Jeera Rice  
Ghee Rice  
Bagara Rice  
Biryani Rice  
White Rice  
Veg Pulao

## BIRYANI

Chicken Biryani  
Veg Biryani  
Paneer Biryani

## VEG CURRY

Rajma Masala  
Kabul Channa Masala  
Aloo Tomato Curry  
Aloo Gobi Curry  
Mix Veg Curry  
Palak Matar Curry  
Soya Chunks Curry  
Navaratan Kurma  
Dal Makhani Curry  
Green Moong Dal  
Curry  
Aloo Hara Channa  
Curry

## DAL ITEMS

Dal Tadka  
Dal Fry  
Drumstick Dal  
Palak Dal  
Methi Dal  
Tomato Dal  
Cabbage Dal  
Radish Dal  
Ridge Gourd Dal  
Pumpkin Dal  
Bottle Gourd  
Mangalore Cucumber  
Dal

## VEG FRY

Carrot Fry  
Cabbage Fry  
Bhendi Fry  
Beet Root Fry  
Aloo Gobhi  
Cluster Beans  
French Beans  
Methi Aloo  
Cauliflower Fry  
Radish Fry  
Snake Gourd Fry  
Ivy Gourd Fry  
Chow Chow Fry

## IN-HOUSE CAFETERIA - ITEMS

Egg Bhurhi | Veg Fried Rice| Egg Fried Rice | Spring Potato Sticks | French Fries  
|Gym Food | Omelette | Veg/Egg Noodles | Milk Shakes | Veg & Non Veg Starters