

Diabetic SL					
S.No	Morning Tea				
	NZ	EZ	WZ	SCZ	SZ
	Choice of Tea/ Coffee	Choice of Tea/ Coffee	Choice of Tea/ Coffee	Choice of Tea/ Coffee	Choice of Tea/ Coffee
	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets
	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)
	Stirrer + Napkin tissue	Stirrer + Napkin tissue	Stirrer + Napkin tissue	Stirrer + Napkin tissue	Stirrer + Napkin tissue
	Disposable Cup	Disposable Cup	Disposable Paper Cup	Disposable Cup	Disposable Cup
	Breakfast				
	NZ	EZ	WZ	SCZ	SZ
	Kulcha 2 (50gm each) + Dry Chana (100 gm) + Pickle in sachet (10gm)	Veg. cutlet-2 (50gm each) + 2 sliced bread (50gm)+ Butter in blister pack (8gm) +Tomato Ketchup (12 gm)	Bhagar Veg Upma 100gm + Medu Vada 50 gms + Coconut Chutney (30 gms) + Sambhar (40 gms)	Pongal (150 gms) + Medu Vada (40 gms) + Coconut Chutney (50 gms) + Sambhar (100 gms)	Onion Uttapam (150 gms) + Dal Vada (40 gms) + Coconut Chutney (50 gms) + Sambhar (100 gms)
	OR				
2	Omelette of 2 eggs + Tomato Ketchup sachet (10g) + 2 sliced bread (50gm) + Butter in blister pack (8gms)	Omelette of 2 eggs + Tomato Ketchup sachet (10g) + 2 sliced bread (50gm) + Butter in blister pack (8gms)	Omelette of 2 eggs + Tomato Ketchup sachet (10g) + 2 sliced bread (50gm) + Butter in blister pack (8gms)	Omelette of 2 eggs + Tomato Ketchup sachet (10g) + 2 sliced bread (50gm) + Butter in blister pack (8gms)	Omelette of 2 eggs + Tomato Ketchup sachet (10g) + 2 sliced bread (50gm) + Butter in blister pack (8gms)
	Choice of Tea/ Coffee	Choice of Tea/ Coffee	Choice of Tea/ Coffee	Choice of Tea/ Coffee	Choice of Tea/ Coffee
	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets
	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)
	Stirrer + Napkin tissue	Stirrer + Napkin tissue	Stirrer + Napkin tissue	Stirrer + Napkin tissue	Stirrer + Napkin tissue
	Disposable Cup	Disposable Cup	Disposable Paper Cup	Disposable Cup	Disposable Cup
	Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon + Sanitizer (1.5ml)	Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon + Sanitizer (1.5ml)	Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon + Sanitizer (1.5ml)	Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon + Sanitizer (1.5ml)	Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon + Sanitizer (1.5ml)
	Evening Snacks				
	NZ	EZ	WZ	SCZ	SZ
	Dal Kachori (40gm)	Baked Littti (40gm)	Kothambir Vadi (40gm)	Dal Kachori (40gm)	Mysore Bonda (40gm)
	Tomato Ketchup (12 gm)	Tomato Ketchup (12 gm)	Tomato Ketchup (12 gm)	Tomato Ketchup (12 gm)	Tomato Ketchup (12 gm)
	Choice of Tea/ Coffee	Choice of Tea/ Coffee	Choice of Tea/ Coffee	Choice of Tea/ Coffee	Choice of Tea/ Coffee
	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets
	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)	Dairy Creamer sachet (5gm)
	Stirrer + Napkin tissue	Stirrer + Napkin tissue	Stirrer + Napkin tissue	Stirrer + Napkin tissue	Stirrer + Napkin tissue
	Disposable Cup	Disposable Cup	Disposable Paper Cup	Disposable Cup	Disposable Cup
	Lunch & Dinner				
	NZ	EZ	WZ	SCZ	SZ
	Instead of Rice extra Roti/ Paratha may be served	Instead of Rice extra Roti/ Paratha may be served	Instead of Rice extra Roti/ Paratha may be served	Instead of Rice extra Roti/ Paratha may be served	Instead of Rice extra Roti/ Paratha may be served
	Plain Roti 100gm (4 no)	Plain Roti 100gm (4 no)	Plain Roti 100gm (4 no)	Plain Roti 100gm (4 no)	Plain Roti 100gm (4 no)
	Dal Fry 120gm	Moong Dal 120gm	Dal Tadka 120gm	Moong Dal 120gm	Dal Tadka 120gm
	Mix Seasonal Veg of regional preference(Without potato) (120 gm)	Mix Seasonal Veg of regional preference(Without potato) (120 gm)	Mix Seasonal Veg of regional preference(Without potato) (120 gm)	Mix Seasonal Veg of regional preference(Without potato) (120 gm)	Mix Seasonal Veg of regional preference(Without potato) (120 gm)
	OR				
	Chicken Curry of regional preference 100 gm (60gm boneless chicken)	Chicken Curry of regional preference 100 gm (60gm boneless chicken)	Chicken Curry of regional preference 100 gm (60gm boneless chicken)	Chicken Curry of regional preference 100 gm (60gm boneless chicken)	Chicken Curry of regional preference 100 gm (60gm boneless chicken)
	Pickle Sachet (12gm)	Pickle Sachet (12gm)	Pickle Sachet (12gm)	Pickle Sachet (12gm)	Pickle Sachet (12gm)
	Branded Curd 80 gm	Branded Curd 80 gm	Branded Curd 80 gm	Branded Curd 80 gm	Branded Curd 80 gm
	Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon + Sanitizer (1.5ml)	Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon + Sanitizer (1.5ml)	Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon + Sanitizer (1.5ml)	Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon + Sanitizer (1.5ml)	Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon + Sanitizer (1.5ml)
Service In Good Quality Casseroles					
Food to be served on a tray, with tray mat having details of menu and IRCTC toll free number					
Ready Made Masala Tea to be provided on demand					