			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	Omelette of 2 eggs + Tomato	Omelette of 2 eggs + Tomato	Omelette of 2 eggs + Tomato	Omelette of 2 eggs + Tomato
	Ketchup sachet (10g) + 2 sliced	Ketchup sachet (10g) + 2 sliced	Ketchup sachet (10g) + 2 sliced	Ketchup sachet (10g) + 2 sliced	Ketchup sachet (10g) + 2 sliced
	bread (50gm) + Butter in blister	bread (50gm) + Butter in blister	bread (50gm) + Butter in blister	bread (50gm) + Butter in blister	bread (50gm) + Butter in blister
	pack (8gms)	pack (8gms)	pack (8gms)	pack (8gms)	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 &	Napkin Tissue Paper + Salt &	Napkin Tissue Paper + Salt &	Napkin Tissue Paper + Salt &	Napkin Tissue Paper + Salt &
	Pepper Sachet + Disposable wooden	Pepper Sachet + Disposable	Pepper Sachet + Disposable	Pepper Sachet + Disposable	Pepper Sachet + Disposable
	spoon + Sanitizer (1.5ml)	wooden spoon + Sanitizer (1.5ml)	wooden spoon + Sanitizer (1.5ml)	wooden spoon + Sanitizer (1.5ml)	wooden spoon + Sanitizer (1.5ml)
	Evening Snacks				
		D.C.	*****	007	0.7
	NZ	EZ	WZ	SCZ	SZ Maragan Dan da (40 mm)
	<b>NZ</b> Dal Kachori (40gm)	Baked Litti (40gm)	Kothambir Vadi (40gm)	Dal Kachori (40gm)	Mysore Bonda (40gm)
	<b>NZ</b> Dal Kachori (40gm) Tomato Ketchup (12 gm)	Baked Litti (40gm) Tomato Ketchup (12 gm)	Kothambir Vadi (40gm) Tomato Ketchup (12 gm)	Dal Kachori (40gm) Tomato Ketchup (12 gm)	Mysore Bonda (40gm) Tomato Ketchup (12 gm)
3	NZ Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee	Baked Litti (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee	Kothambir Vadi (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee	Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee	Mysore Bonda (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee
3	NZ Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets	Baked Litti (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets	Kothambir Vadi (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets	Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets	Mysore Bonda (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets
3	NZ Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm)	Baked Litti (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm)	Kothambir Vadi (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm)	Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm)	Mysore Bonda (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm)
3	NZ Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue	Baked Litti (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue	Kothambir Vadi (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue	Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue	Mysore Bonda (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue
3	NZ Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Cup	Baked Litti (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm)	Kothambir Vadi (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm)	Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm)	Mysore Bonda (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm)
3	NZ Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Cup Lunch & Dinner	Baked Litti (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Cup	Kothambir Vadi (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Paper Cup	Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Cup	Mysore Bonda (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Cup
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	Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Cup Lunch & Dinner NZ Instead of Rice extra Roti/ Paratha may be served Plain Roti 100gm (4 no) Dal Fry 120gm Mix Seasonal Veg of regional preference (Without potato) (120 gm) Chicken Curry of regional preference 100 gm (60gm boneless	Baked Litti (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Cup  EZ Instead of Rice extra Roti/ Paratha may be served Plain Roti 100gm (4 no) Moong Dal 120gm Mix Seasonal Veg of regional preference(Without potato) (120 gm)  Chicken Curry of regional preference 100 gm (60gm boneless	Kothambir Vadi (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Paper Cup  WZ Instead of Rice extra Roti/ Paratha may be served Plain Roti 100gm (4 no) Dal Tadka 120gm Mix Seasonal Veg of regional preference(Without potato) (120 gm) OR Chicken Curry of regional preference 100 gm (60gm boneless	Dal Kachori (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Cup  SCZ Instead of Rice extra Roti/ Paratha may be served Plain Roti 100gm (4 no) Moong Dal 120gm Mix Seasonal Veg of regional preference(Without potato) (120 gm)  Chicken Curry of regional preference 100 gm (60gm boneless	Mysore Bonda (40gm) Tomato Ketchup (12 gm) Choice of Tea/ Coffee Sugarfree sachets Dairy Creamer sachet (5gm) Stirrer + Napkin tissue Disposable Cup  SZ Instead of Rice extra Roti/ Paratha may be served Plain Roti 100gm (4 no) Dal Tadka 120gm Mix Seasonal Veg of regional preference (Without potato) (120 gm)  Chicken Curry of regional preference 100 gm (60gm boneless
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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