

Diabetic EC						
SN	Morning Tea					
	NZ	EZ	WZ	SCZ	SZ	
1	Assorted Sugar Free Cookies/ Ragi Biscuits Sugar Free Cookies (2 Pc packet)	Assorted Sugar Free Cookies/ Ragi Biscuits Sugar Free Cookies (2 Pc packet)	Assorted Sugar Free Cookies/ Ragi Biscuits Sugar Free Cookies (2 Pc packet)	Assorted Sugar Free Cookies/ Ragi Biscuits Sugar Free Cookies (2 Pc packet)	Assorted Sugar Free Cookies/ Ragi Biscuits Sugar Free Cookies (2 Pc packet)	
	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ South Indian Filter Coffee/ Tea/Coffee/Green Tea/Lemon Tea without sugar	
	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	
	Dairy Creamer Sachet/ blister pack (5gm)	Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)	
	Envelope with Stainless Steel Tea Spoon + Good quality Napkin tissue	Envelope with Stainless Steel Tea Spoon + Good quality Napkin tissue	Envelope with Stainless Steel Tea Spoon + Good quality Napkin tissue	Envelope with Stainless Steel Tea Spoon + Good quality Napkin tissue	Envelope with Stainless Steel Tea Spoon + Good quality Napkin tissue	
Breakfast						
	NZ	EZ	WZ	SCZ	SZ	
2	Branded packed Oats/ Museli/ Corn Flakes/ Chocos/ Ragi Bites/ Ragi Muesli (25 gms) with Hot/Cold Milk (100 ml) & Branded Honey Sachet/ Sugarfree Sachet	Branded packed Oats/ Museli/ Corn Flakes/ Chocos/ Ragi Bites/ Ragi Muesli (25 gms) with Hot/Cold Milk (100 ml) & Branded Honey Sachet/ Sugarfree Sachet	Branded packed Oats/ Museli/ Corn Flakes/ Chocos/ Ragi Bites/ Ragi Muesli (25 gms) with Hot/Cold Milk (100 ml) & Branded Honey Sachet/ Sugarfree Sachet	Branded packed Oats/ Museli/ Corn Flakes/ Chocos/ Ragi Bites/ Ragi Muesli (25 gms) with Hot/Cold Milk (100 ml) & Branded Honey Sachet/ Sugarfree Sachet	Branded packed Oats/ Museli/ Corn Flakes/ Chocos/ Ragi Bites/ Ragi Muesli (25 gms) with Hot/Cold Milk (100 ml) & Branded Honey Sachet/ Sugarfree Sachet	
	Multigrain Breads/ Croissant/ Muffins 50 gm	Multigrain Breads/ Croissant/ Muffins 50 gm	Multigrain Breads/ Croissant/ Muffins 50 gm	Multigrain Breads/ Croissant/ Muffins 50 gm	Multigrain Breads/ Croissant/ Muffins 50 gm	
	Marmalade/ Jam/ Chutney in blister pack as an option (10 gm)	Marmalade/ Jam/ Chutney in blister pack as an option (10 gm)	Marmalade/ Jam/ Chutney in blister pack as an option (10 gm)	Marmalade/ Jam/ Chutney in blister pack as an option (10 gm)	Marmalade/ Jam/ Chutney in blister pack as an option (10 gm)	
	Butter in Blister Pack (8gm)	Butter in Blister Pack (8gm)	Butter in Blister Pack (8gm)	Butter in Blister Pack (8gm)	Butter in Blister Pack (8gm)	
	Veg. Besan Chila (150gm) + Branded Curd (80gm) + Tomato Ketchup Sachet (10gm) + Pickle in Blister pack (10gm)	Radhaballavi (2 no. of 75 gms + Dum Aloo (100gms) + Branded Curd (80Gm)+ Pickle in Blister pack (10gm)	Ragi Bhakhri 100gms + Aloo Bonda (50gm) + Branded Curd (80gm) + Pickle in Blister pack (10gm)	03 Idli (150 gms)+ Medu Vada (40 gms) + Coconut Chutney (50 gms) + Sambhar (100 gms)	03 Idli (150 gms)+ Medu Vada (40 gms) + Coconut Chutney (50 gms) + Sambhar (100 gms)	
	OR					
	2 Egg Omelette/ Fried/ Boiled/ Poached/ Scrambled with boiled veg (25 g with beans, Carrots & Peas) + Tomato Sauce sachet (12 gm)	2 Egg Omelette/ Fried/ Boiled/ Poached/ Scrambled with boiled veg (25 g with beans, Carrots & Peas) + Tomato Sauce sachet (12 gm)	2 Egg Omelette/ Fried/ Boiled/ Poached/ Scrambled with boiled veg (25 g with beans, Carrots & Peas) + Tomato Sauce sachet (12 gm)	2 Egg Omelette/ Fried/ Boiled/ Poached/ Scrambled with boiled veg (25 g with beans, Carrots & Peas) + Tomato Sauce sachet (12 gm)	2 Egg Omelette/ Fried/ Boiled/ Poached/ Scrambled with boiled veg (25 g with beans, Carrots & Peas) + Tomato Sauce sachet (12 gm)	
	Seasonal fresh whole fruit 100 gm (Banana-1 Pc/ Apple-1 Pc/ Orange-1 Pc) repeat on cyclic basis	Seasonal fresh whole fruit 100 gm (Banana-1 Pc/ Apple-1 Pc/ Orange-1 Pc) repeat on cyclic basis	Seasonal fresh whole fruit 100 gm (Banana-1 Pc/ Apple-1 Pc/ Orange-1 Pc) repeat on cyclic basis	Seasonal fresh whole fruit 100 gm (Banana-1 Pc/ Apple-1 Pc/ Orange-1 Pc) repeat on cyclic basis	Seasonal fresh whole fruit 100 gm (Banana-1 Pc/ Apple-1 Pc/ Orange-1 Pc) repeat on cyclic basis	
	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	
	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	
Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)		
Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel Spoon, Knife & Fork + Sanitizer	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel Spoon, Knife & Fork + Sanitizer	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel Spoon, Knife & Fork + Sanitizer	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel Spoon, Knife & Fork + Sanitizer	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel Spoon, Knife & Fork + Sanitizer		

	(1.5ml) + Mouth freshener	(1.5ml) + Mouth freshener	(1.5ml) + Mouth freshener	(1.5ml) + Mouth freshener	(1.5ml) + Mouth freshener
	Evening Snacks				
	NZ	EZ	WZ	SCZ	SZ
	Branded roasted nuts in sealed pouch 20 gm (Cashewnuts/ Almonds)	Branded roasted nuts in sealed pouch 20 gm (Cashewnuts/ Almonds)	Branded roasted nuts in sealed pouch 20 gm (Cashewnuts/ Almonds)	Branded roasted nuts in sealed pouch 20 gm (Cashewnuts/ Almonds)	Branded roasted nuts in sealed pouch 20 gm (Cashewnuts/ Almonds)
	Dal Kachori (40gm)	Mattar Kachori (40 gm)	Lilwa Mattar Kachori (40 gm)	Pyaz Kachori (40gm)	Medu Pakoda (40gm)
	Veg. Sandwich (60 gm)	Veg. Sandwich (60 gm)	Veg. Sandwich (60 gm)	Veg. Sandwich (60 gm)	Veg. Sandwich (60 gm)
	Packed Indian Sweet (30 gm) Without sugar (Coconut Barfi/ Mysore Pak/ Besan Laddu/ Ragi Laddu/ Mawa Bites)	Packed Indian Sweet (30 gm) Without sugar (Coconut Barfi/ Mysore Pak/ Besan Laddu/ Ragi Laddu/ Mawa Bites)	Packed Indian Sweet (30 gm) Without sugar (Coconut Barfi/ Mysore Pak/ Besan Laddu/ Ragi Laddu/ Mawa Bites)	Packed Indian Sweet (30 gm) Without sugar (Coconut Barfi/ Mysore Pak/ Besan Laddu/ Ragi Laddu/ Mawa Bites)	Packed Indian Sweet (30 gm) Without sugar (Coconut Barfi/ Mysore Pak/ Besan Laddu/ Ragi Laddu/ Mawa Bites)
3	Tomato Sauce sachet (12gm)	Tomato Sauce sachet (12gm)	Tomato Sauce sachet (12gm)	Tomato Sauce sachet (12gm)	Tomato Sauce sachet (12gm)
	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar	Branded Choice of Premium Premix Tea/ Tea/Coffee/Green Tea/Lemon Tea without sugar
	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets	Sugarfree sachets
	Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)	Dairy Creamer Sachet/ Blister (5gm)
	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel spoon & fork + Sanitizer (1.5ml) + Mouth freshener	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel spoon & fork + Sanitizer (1.5ml) + Mouth freshener	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel spoon & fork + Sanitizer (1.5ml) + Mouth freshener	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel spoon & fork + Sanitizer (1.5ml) + Mouth freshener	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel spoon & fork + Sanitizer (1.5ml) + Mouth freshener
	Lunch/ Dinner				
	NZ	EZ	WZ	SCZ	SZ
	Choice of Branded Soup Premix in sachet (10 gm)	Choice of Branded Soup Premix in sachet (10 gm)	Choice of Branded Soup Premix in sachet (10 gm)	Choice of Branded Soup Premix in sachet (10 gm)	Choice of Branded Soup Premix in sachet (10 gm)
	Packed Soup sticks 2/ Dinner bun 1/ Croissant 1 (20 gm)	Packed Soup sticks 2/ Dinner bun 1/ Croissant 1 (20 gm)	Packed Soup sticks 2/ Dinner bun 1/ Croissant 1 (20 gm)	Packed Soup sticks 2/ Dinner bun 1/ Croissant 1 (20 gm)	Packed Soup sticks 2/ Dinner bun 1/ Croissant 1 (20 gm)
	Butter in Blister Pack 8gm Salt Sachet & Pepper Sachet	Butter in Blister Pack 8gm Salt Sachet & Pepper Sachet	Butter in Blister Pack 8gm Salt Sachet & Pepper Sachet	Butter in Blister Pack 8gm Salt Sachet & Pepper Sachet	Butter in Blister Pack 8gm Salt Sachet & Pepper Sachet
	Main Course				
	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
	Tehdar Paratha 100gm (02 nos)	Tikona Paratha 100gm (02 Nos)	Tikona Paratha 100gm (02 Nos)	Roomali Roti 100gm (03 nos)	Chapatti/ Roti 100gm (03 nos)
	Panchratani Dal 150gm	Dal Chana (150gm)	Gujarati Dal (150gm)	Dal Tadaka (150gm)	Dal Tadaka (150gm)
	Kadhai Paneer 150gm (60gm Paneer)	Shahi Paneer 150gm (60gm Paneer)	Panner Butter Masala 150gm (60gm Paneer)	Veg Kofta 150gm (3 X 25gm Kofta)	Veg Kofta 150gm (3 X 25gm Kofta)
	OR				
	Kadhai Chicken 150 gm (80gm boneless chicken)	Chingdi Mach Curry 150 gm (80gm Fish)	Chicken Kolhapuri 150 gm (80gm boneless chicken)	Andhra chicken Curry 150 gm (80gm boneless chicken)	Chicken Nati Style 150 gm (80gm Chicken)
	Dry Seasonal Vegetable (60gm) (Without Potato)	Dry Seasonal Vegetable (60gm) (Without Potato)	Dry Seasonal Vegetable (60gm) (Without Potato)	Dry Seasonal Vegetable (60gm) (Without Potato)	Dry Seasonal Vegetable (60gm) (Without Potato)
	Branded Curd 80 gm	Branded Curd 80 gm	Branded Curd 80 gm	Branded Curd 80 gm	Branded Curd 80 gm
	Pickle in Blister pack (12gm)	Pickle in Blister pack (12gm)	Pickle in Blister pack (12gm)	Pickle in Blister pack (12gm)	Pickle in Blister pack (12gm)
4					

Dessert Course				
Sugar free Premium Flavored Ice cream/ Premium flavored Ice Cream Sugar Free (80 gms) i.e. Butter Scotch, Kaju Pista, Fruit & Nut, Cassatta etc). / Sugar free Shri Khand 100 gm	Sugar free Premium Flavored Ice cream/ Premium flavored Ice Cream Sugar Free (80 gms) i.e. Butter Scotch, Kaju Pista, Fruit & Nut, Cassatta etc). / Sugar free Shri Khand 100 gm	Sugar free Premium Flavored Ice cream/ Premium flavored Ice Cream Sugar Free (80 gms) i.e. Butter Scotch, Kaju Pista, Fruit & Nut, Cassatta etc). / Sugar free Shri Khand 100 gm	Sugar free Premium Flavored Ice cream/ Premium flavored Ice Cream Sugar Free (80 gms) i.e. Butter Scotch, Kaju Pista, Fruit & Nut, Cassatta etc). / Sugar free Shri Khand 100 gm	Sugar free Premium Flavored Ice cream/ Premium flavored Ice Cream Sugar Free (80 gms) i.e. Butter Scotch, Kaju Pista, Fruit & Nut, Cassatta etc). / Sugar free Shri Khand 100 gm
Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Stainless Steel Spoon & Fork + Sanitizer (1.5ml) + Mouth freshener	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon & fork + Sanitizer (1.5ml) + Mouth freshener	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon & fork + Sanitizer (1.5ml) + Mouth freshener	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon & fork + Sanitizer (1.5ml) + Mouth freshener	Packed envelope having Good Quality Napkin Tissue Paper + Salt & Pepper Sachet + Disposable wooden spoon & fork + Sanitizer (1.5ml) + Mouth freshener
Service - Bone china crockery to be used for service along with Stainless Steel Cutlery and Damass Table Cloth & Cloth Napkin Ragi Dalia on demand as an option to breakfast cereals Ragi Khichdi on demand as an option to Rice dish Food to be served on a tray, with tray mat having details of menu and IRCTC toll free number				