

# nest™

the nature living

## MENU

SATURDAY / MONDAY / WEDNESDAY / FRIDAY

### BREAKFAST

-  VEGETABLE UPMA
-  PANEER CHILLA + GREEN CHATNI
-  1 KORO NASTO
-  KHAKHRA
-  TEA-COFFEE.

### LUNCH

-  MAG DAL SHEERO
-  RICE-DAAL
-  KHAMAN
-  PAPAD
-  TAWA ROTI
-  SALAD
-  PANEER BHURJI NU SHAAK
-  ACHAR
-  GREEN VEGETABLE
-  BUTTERMILK

### HIGH TEA

-  BREAD-BUTTER
-  METHI GOTA
-  COOKIES
-  TEA COFFEE
-  KORO NASTO

### DINNER

-  SUKHDI
-  PULAV
-  SAMOSA
-  PAPAD
-  PARATHA/POORI
-  SAMBHARO
-  CHHOLE
-  ACHAR
-  BATAKA NU RASADU SHAAK/ SEV TAMETA
-  BUTTERMILK

SUNDAY / TEUSDAY / THURSDAY

### BREAKFAST

-  POHA-BATATAPOHA
-  ALOO/GOBI PARATHA + CURD
-  1 KORO NASTO
-  KHAKHRA
-  TEA- COFFEE

### LUNCH

-  SHRIKHAND
-  RICE-KADHI
-  DHOKLA
-  PAPAD
-  TAWA ROTI/ POORI
-  SALAD
-  PANEER BUTTER MASALA
-  ACHAR
-  GREEN VEG
-  BUTTERMILK

### HIGH TEA

-  BREAD-BUTTER
-  MIX BHAJIYA
-  COOKIES
-  TEA COFFEE
-  KORO NASTO

### DINNER

-  GULAB JAMBU
-  SALAD
-  BATAKAWADA
-  ACHAR
-  PAAV-BHAJI
-  BUTTERMILK
-  PULAV
-  PAPAD

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