

 Pizza (please check our food's calories in website's [Menu page](#))

#	Food Description	Quantity	Price
1	Mini cheese pizza. (220g to 250g)	1	\$5
2	Cheese pizza slice (190g to 220g)	1	\$3
3	Pepperoni mini pizza	1	\$6
4	Butter chicken mini pizza	1	\$7
5	Any two topping mini pizza	1	\$7
6	Any two topping pizza slice	1	\$5

 Rice (Non-parboiled basmati)

#	Food Description	Quantity	Price
1	Plain rice (For 1meal may needs 250g to 400g cooked rice)	100g	\$0.50
2	Butter fried rice with green peach	100g	\$2
3	Mix veggie fried rice	100g	\$2.50
4	Mixed bean rice	100g	\$2.50
5	Rice cooked with lentil and mung beans	100g	\$2.50

 Curry Dishes ()

Item#	Food Description	Quantity	Price
1	Chicken curry (with bone) (For 1meal may needs 200g to 300g)	100g	\$5
2	Chicken potato curry	100g	\$
3	Boneless Beef Curry	100g	\$7
4	Boneless potato Beef Curry	100g	\$6
5	Lamb Curry (with bone)	100g	\$6
6	Mix beans Lamb Curry	100g	\$6
7	Boneless turkey Curry	100g	\$5
8	Butter chicken	100g	\$7
9	Boneless Chili Basa fish curry	100g	\$6
10	Chili shrimp curry (3 shrimp/extra \$2 each)	100g	\$6
11	Mixed Bean Curry	100g	\$3.50
12	Chickpeas Curry with potatoes	100g	\$2.50
13	Bhaji, mix vegetable curry	100g	\$4
14	Bhaji, Eggs and cabbage	100g	\$2

Healthy Soup

Item#	Food Description	Quantity	Price
1	Dal, lentil soup	100g	\$1.5
2	Dal, lentil soup cooked with tomato and spinach	100g	\$2.5
3	Japanese miso soup with tofu & mushrooms	100g	\$2
4	Chicken vegetable soup	100g	\$2

Salad Items

Item#	Food Description	Quantity	Price
1	Lettuce	15g	\$1
2	Tomatoes	15g	\$1
3	Cucumber	15g	\$1
4	Red radish	15g	\$1
5	Carrots	15g	\$1
6	Cabbage	50g	\$1
7	Avocado	10g	\$1
8	Celery	15g	\$1
9	Onion	15g	\$1
10	Apple	15g	\$1
11	Chayote	15g	\$1
12	Baby spinach	10g	\$1
13	Walnuts	5g	\$1
14	Chickpeas	30g	\$1
15	Red & white kidney beans	20g	\$1
16	Salad Dressing (each type)	2oz	\$1

Veggie Items (Steamed)

Item#	Food Description	Quantity	Price
1	Mixed steamed veggies	30g	\$2
2	Broccoli	30g	\$2
3	Green beans	30g	\$2
4	Zucchini	30g	\$2
5	Carrots	30g	\$2
6	Beetroots	30g	\$2
7	Celery	30g	\$2
8	Cauliflower	30g	\$2

9	Dipping sauces (Garlic)	2oz Container	\$1
10	Dipping sauces (Cucumber)	2oz Container	\$1
11	Dipping sauces (Mustard)	2oz Container	\$1

Pickles & Probiotics

Item#	Food Description	Quantity	Price
1	Mixed pickles (Cucumber, Carrots or beetroot.)	3.25oz	\$1
2	Plain yogurt Strawberry on top	4oz	\$2
3	Plain yogurt Blueberry on top	4oz	\$2
4	Plain yogurt Raspberry on top	4oz	\$2
5	Plain yogurt Pineapple on top	4oz	\$2

Whole Fruits & Fruit Bowls

Item#	Food Description	Quantity	Price
1	Whole fruit (Banana)	Each	\$1
2	Apple	Each	\$1
3	Pear,	Each	\$1
4	Orange	Each	\$1
5	Mixed fruit bowl (3 fruits)	50g	\$2

Drinks

Item#	Drink Description	Quantity	Price
1	Ginger lemon tea (hot or cold)	450ml	\$2
2	Green tea		\$1
3	Yogurt lassi drink	350ml	\$5
4	Yogurt Pineapple lassi	450ml	\$7
5	Yogurt Strawberry lassi	450ml	\$7
6	Yogurt Blueberry lassi	450ml	\$7
7	Yogurt Mango lassi	450ml	\$7
8	Yogurt Peach lassi	450ml	\$7
9	Soft drinks, C oke, Z .Coke, M ountain dew, F anta.	355ml	\$1

How to order?

Choose the item from here ➡	Mini pizza	Rice	Curry	Healthy soup	Salad	Veggie item	Pickles & probiotics	Whole fruits	Fruits bowl	Drinks
Place the item number! from the menu list ➡	e.g. #4				1,2,3,7					
Quantity you want.	1									

In your Meal plan C,
Please mention first letter of the items Category
e.g. Mini pizza would be "M" Rice "R" C, H, S, V, P, W, F, D

Customize Your Weekly Meal Plan C

Date:	Days	Main Food	Side dish	Drink	Comments:
	Monday	e.g. R5	e.g. H2, S1,3,7	3 or D3	
	Tuesday				
	Wednesday				
	Thursday				
	Friday				