

MENU
CARD



1. SALT

2. LAETHA NIMMAPANDU PACHIMIRAPPAKAI

TINY GREEN CHILLIES - 10

OIL - 1 SPN

SALT - AS REQUIRED

LEMON - 1 SPN



RICH IN
VITAMIN
B₆ & C

3. NELLIKAI OORUKAI

AMLA - 10 (BOILED)

OIL

MUSTARD SEEDS

TURMERIC POWDER - 1/4 SPN

CHILLY POWDER - 1/2 SPN

ASAFOETIDA

CURRY LEAVES

CURD - 1 CUP

SALT

RICH IN
VITAMIN - C, IRON
& CALCIUM.

4. BEETROOT THIYYA KOORA

GHEE - 2 SPN

CASHEWNUTS - 7-8

CARDAMOM POWDER

BEETROOT - 1

SUGAR - 6-7 SPN

COCONUT GRATINGS



RICH IN
CALCIUM
IRON
VITAMIN A
FOLIC ACID

5. PANDLU THIYYA PACHADI

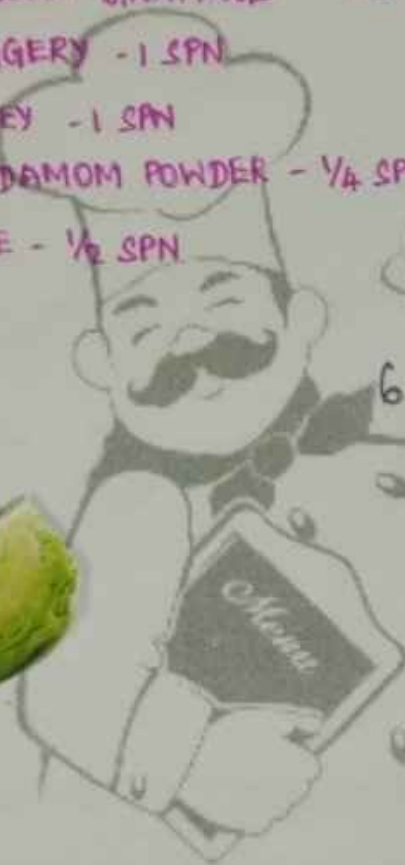
BANANA - $\frac{1}{2}$
APPLE - 1 PIECE
ORANGE - 1 PIECE
POMEGRANATE - 2 SPN
SWEET LIME - 1 PIECE
COCONUT GRATINGS - 1 SPN
JAGGERY - 1 SPN
HONEY - 1 SPN
CARDAMOM POWDER - $\frac{1}{4}$ SPN
GHEE - $\frac{1}{2}$ SPN



RICH IN
VITAMIN C
FOLIC ACID
& POTASSIUM



RICH IN
VITAMIN-K



6. MUTTAKOSU PERUGU PACHADI

HALF BOILED CABBAGE - 1 CUP
CURD - $\frac{1}{2}$ CUP
SALT
OIL - FOR SEASONING
MUSTARD SEEDS
CHILLY - 1
CURRY LEAVES

7. CHOW CHOW PERUGU PACHADI

CHOW CHOW GRATINGS - 1 CUP
CURD - 2 SPN
SALT
COCONUT GRATINGS
OIL - FOR SEASONING
MUSTARD SEEDS
CHILLY - 1
CURRY LEAVES

RICH IN
VITAMINS-C, B6 & K

8. POTLAKAYA KAMMANI KOORA

SNAKE GOURD [BOILED] - 1 CUP
BENGALGRAM [BOILED] - 1/2 TSP
OIL + GHEE - 1 TSP FOR SEASONING
URAD DHAL
RED CHILLY - 1
SALT
COCONUT GRATINGS - 1 TSP



RICH IN
VITAMINS - A, B, C,
POTASSIUM &
IRON.

9. ANTIPOO KAMMANI KOORA

RICH IN
MINERALS &
IRON

BANANA FLOWER - 1 CUP
(STEAMED)
THOOR DHAL (BOILED) - 2 TSP
OIL + GHEE - 1 TSP
URAD DHAL - 1/2 TSP
RED CHILLY - 1
SALT
COCONUT GRATINGS - 1 TSP

10. PANASA GINJAKU PULLANI KOORA

JACKFRUIT SEEDS (BOILED) - 1 CUP
TAMARIND JUICE - 1 TSP
SALT
OIL - 1 TSP
MUSTARD
CURRY LEAVES
RASAM POWDER - 1 TSP

RICH IN
THIAMIN &
RIBOFLAVIN

11. GUTHI VANKAAYA KOORA

SMALL BRINJALS (HALF BOILED) - 6
OIL - 5-6 SPOON FOR SHALLOW FRYING
MUSTARD

POWDER FOR FILLING

ROASTED BENGAL GRAM DHAL - 2 TSP
CUMIN SEEDS - ½ TSP
RED CHILLY - 3
COCONUT GRATING'S - 1 TSP
ASAFOETIDA
SALT



RICH IN
VITAMINS
&
MINERALS

RICH IN
VITAMINS
A & C,
MINERALS



12. PANASAPANDU HALWA

JACKFRUIT (STEAMED) - 6
SUGAR - 4 TSP
GHEE - 1 TSP
CASHEW NUTS

13. MOLAGHALU

SPROUTED GREEN GRAM - 1 CUP
SALT
LIME JUICE - 1 TSP



RICH IN
VIT-C &
PROTEINS

RICH IN
VITAMIN-C
B1 and B2



14. DONDAKAYA VARUGU

IVY GUARD - 6 (DEEP FRY)
SALT
CHILLY POWDER

15. GHENISIGEDDA BOLI

SWEET POTATO - 1
JAGGERY - 2 SPN
MAIDA - 1/2 CUP
SALT - PINCH
GHEE - 1 SPN

RICH IN
FIBRE, VITAMINS
& MINERALS

RICH IN CALCIUM
FOLIC ACID
PROTEINS, IRON



16. PAPPU VADAI

THOOR DHAL - 1 CUP
RED CHILLY - 2
GREEN CHILLY - 1
CUMIN - 1/2 TSP
ASAFOETIDA
SALT
CURRY LEAVES
BIG ONION

17. COCONUT RICE

RICE - 1 CUP
COCONUT GRATINGS - 3 TSP
OIL + GHEE - 2 TSP
CUMIN - 1/4 TSP
RED CHILLY - 1
MUSTARD
URAD DHAL
BENGAL GRAM DHAL
CASHEW NUTS
SALT

RICH IN
CALORIES

18. MAVIDIGAYA ANNAM

RAW MANGO - $\frac{1}{2}$ CUP
COCONUT GRATINGS - 3 TSP
GREEN CHILLY - 3
ASAFOETIDA
TURMERIC POWDER - $\frac{1}{4}$ SPN
SALT
OIL - 6 SPN
MUSTARD
URAD DHAL
BENGAL GRAM DHAL
CURRY AND CORRIANDER LEAVES



RICH IN
VITAMIN-C
&
ABSORBS IRON

19. VADIGALU

20. APPALAM

RICH
IN VITAMINS

21. ANNAM

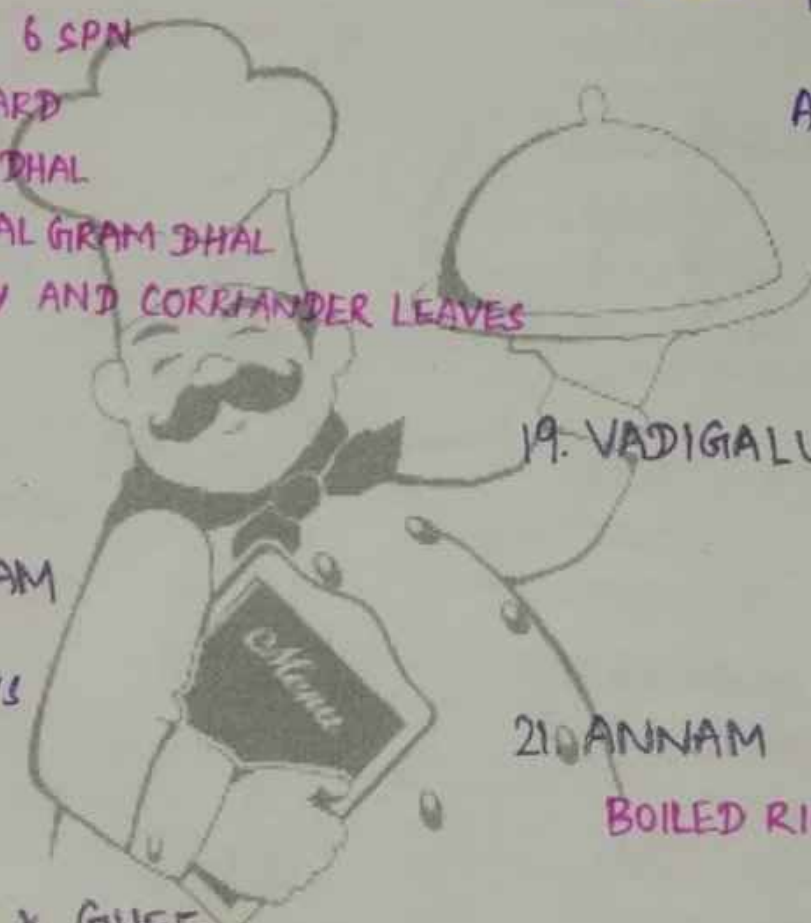
BOILED RICE

RICH IN
PROTEIN

22. PAPPU x GIHEE

THOOR DHAL BOILED - 1 TSP
GIHEE - $\frac{1}{2}$ TSP

RICH IN
PROTEIN &
FATS



23. VELLARIKAI THENKAYA PACHADI

COCONUT GRATINGS - 5 Spn
ROASTED BENGAL GRAM - 1 Spn
RED CHILLY - 2
TURMERIC POWDER - $\frac{1}{4}$ Tsp
CUMIN - $\frac{1}{4}$ Tsp
ASAFOETIDA
SALT
TAMARIND JUICE - $\frac{1}{2}$ Tsp



RICH IN
FIBRE, VITAMINS
& MINERALS



RICH IN
VITAMINS, PROTEIN
IRON &
MINERALS

24. KALA PULUSU

CARROT
SNAKE GOURD
BROAD BEANS
SWEET POTATO
GINGER
BEANS
POTATO
CHOW-CHOW

BOILED
1 CUP.

FOR GRINDING

BENGAL GRAM DHAL - 1 Tsp
URAD DHAL - $\frac{1}{2}$ Tsp
FENUGRIK - $\frac{1}{4}$ Tsp
CUMIN - $\frac{1}{4}$ Tsp
CORIANDER SEEDS - $\frac{1}{2}$ Tsp
RED CHILLIES - 4
ASAFOETIDA
COCONUT GRATINGS - 5 Tsp

TAMARIND JUICE - 5 Tsp
TOMATO - 1
JAGGERY - $\frac{1}{4}$ Spn
CURRY &
CORIANDER LEAVES



25. THAKKALI MIRIGALU CHARU

TOMATO JUICE - 1 CUP
(BOILED & SMASHED)

CUMIN - 1/4 TSP

PEPPER - 4-5

RED CHILLY - 4-5

CURRY LEAVES

SALT GARLIC - 4 PC

OIL

MUSTARD

CORRIANDER

POWDER

RICH IN
VITAMINS



RICH IN
FIBRE &
VITAMIN B6

26. THAALIGALU PARAVANAM

THAALIGALU - 1/4 CUP

MOONGI DAL - 1 CUP
(BOILED)

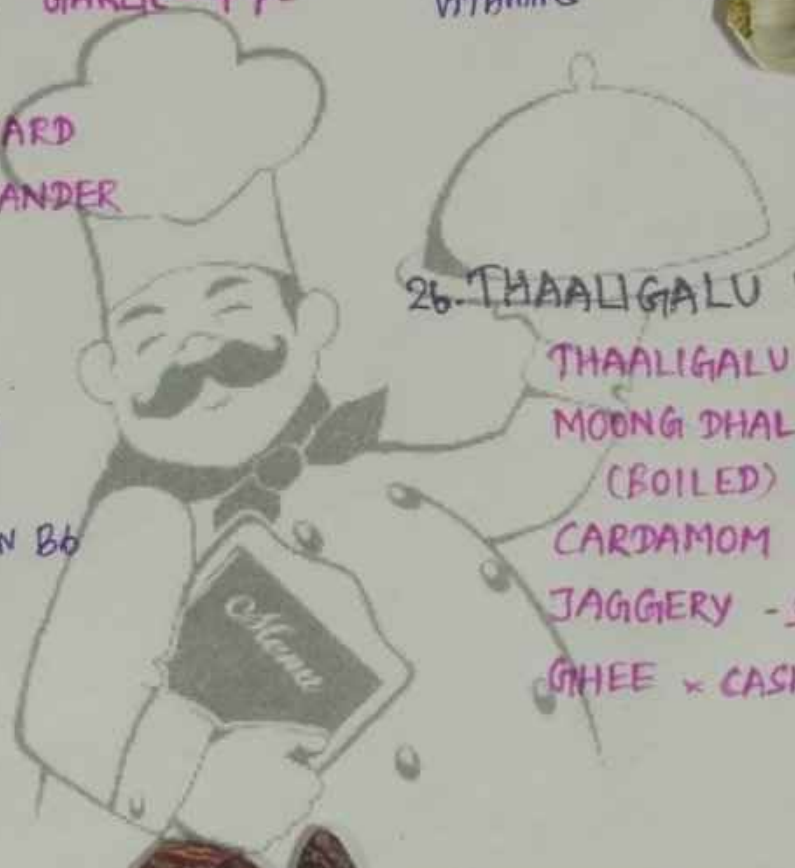
CARDAMOM POWDER - 1/4 TSP

JAGGERY - 3/4 CUP

GHEE & CASHEW NUTS

27. CURD

RICH IN
CALCIUM



28. CAMBARAKAYA

MASALA CHILLY FRIED

RICH IN
VITAMIN-C

29. MIRAPAVADIGAM

CHILLY VADAI - FRIED



30. ANTIPANDU

31. GULKANDHU THAMALABAGU

BETEL LEAVES - 2

GULKANDHU - 1 TSP

RICH IN
CALCIUM



RICH IN
MINERALS &
VITAMINS