

Healthy Organic MENU

We Serve
What We
Grow



MONDAY

Breakfast

Farm fresh beetroot juice
Farm fresh cucumber salad
Healthy watermelon cut fruit
Farm fresh healthy carrots idly
High protein bajra dosa
Fresh & hot semiya upma
Healthy oats omelet
Farm fresh vegetable poha

Lunch

Farm fresh carrot juice
Farm fresh beetroot salad
Hot & healthy green chapati
Farm fresh tomato rice
Hot steam rice
Farm fresh luaki chana curry
Farm fresh bendi fry
Farm fresh palak dal
Hot & healthy tomato rasam
Farm fresh healthy curd

Dinner

Hot & Healthy coriander soup
Farm fresh carrot salad
Hot & healthy green chapati
Hot & healthy steamed rice
Farm fresh tendli fry
Farm fresh mix vegetable curry
Farm fresh domestic sambar
Hot & healthy tomato rasam
Farm fresh healthy curd
Lemon pickle

Snacks

Farm fresh brinjal bajji
Farm fresh capsicum bajji
Hot healthy bred omelet

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TUESDAY

Breakfast

Farm fresh carrot juice
Healthy onion salad
Healthy banana cut fruit
Iron & protein ragi idly
High protein jowar dosa
Healthy & hot oats upma
Healthy hot palak poori
Healthy broccoli vegetable omelet

Lunch

farm fresh beetroot juice
Farm fresh carrot salad
Healthy beetroot chapati
Farm fresh mint rice
Hot & healthy steam rice
Farm fresh turai chana curry

Dinner

Farm fresh mint soup
Farm fresh cucumber salad
Healthy beetroot chapati
Farm fresh carrot fry
farm fresh cauliflower curry
Hot & healthy pepper rasam
Farm fresh radish sambar
Farm fresh healthy curd
Mango pickle

Snacks

Farm fresh banana bajji
Farm fresh mirchi bajji
Healthy & hot onion pokada

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WEDNESDAY

Breakfast

Farm fresh mint juice
Farm fresh beetroot salad
Healthy pineapple cut fruit
Organic healthy moong dal idly
iron & protein ragi dosa
healthy sabudhana upma
healthy oats omelet
farm fresh vegetable poha

Lunch

Farm fresh mint juice
Farm fresh cucumber salad
Hot & healthy carrot chapati
Hot lemon rice
Hot healthy steamed rice
Farm fresh tomato brinjal curry
Farm fresh cabbage chana curry
Farm fresh thotakura pappu
Farm fresh garlic rasam
Farm fresh healthy curd

Dinner

Hot & healthy broccoli soup
Farm fresh beetroot salad
Hot & healthy carrot chapati
Hot & healthy steam rice
Farm fresh pumpkin sambar
Farm fresh beetroot fry
Farm fresh bendi curry
Hot & healthy garlic rasam
Farm fresh curd
Tomato pickle

Snacks

Hot & healthy punugulu
Farm fresh cabbage pakoda
Farm fresh bendi bajji

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THURSDAY

Breakfast

Farm fresh beetroot juice
Farm fresh cucumber salad
Healthy watermelon cut fruit
Farm fresh healthy carrots idly
High protein bajra dosa
Fresh & hot semiya upma
Healthy oats omelet
Farm fresh vegetable poha

Lunch

Farm fresh carrot juice
Farm fresh beetroot salad
Hot & healthy green chapati
Farm fresh tomato rice
Hot steam rice
Farm fresh luaki chana curry
Farm fresh bendi fry
Farm fresh palak dal
Hot & healthy tomato rasam
Farm fresh healthy curd

Dinner

Hot & Healthy coriander soup
Farm fresh carrot salad
Hot & healthy green chapati
Hot & healthy steamed rice
Farm fresh tendli fry
Farm fresh mix vegetable curry
Farm fresh domestic sambar
Hot & healthy tomato rasam
Farm fresh healthy curd
Lemon pickle

Snacks

Farm fresh brinjal bajji
Farm fresh capsicum bajji
Hot healthy bred omelet

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FRIDAY

Breakfast

Farm fresh carrot juice
Healthy onion salad
Healthy banana cut fruit
Iron & protein ragi idly
High protein jowar dosa
Healthy & hot oats upma
Healthy hot palak poori
Healthy broccoli vegetable omelet

Lunch

farm fresh beetroot juice
Farm fresh carrot salad
Healthy beetroot chapati
Farm fresh mint rice
Hot & healthy steam rice
Farm fresh turai chana curry

Dinner

Farm fresh mint soup
Farm fresh cucumber salad
Healthy beetroot chapati
Farm fresh carrot fry
farm fresh cauliflower curry
Hot & healthy pepper rasam
Farm fresh radish sambar
Farm fresh healthy curd
Mango pickle

Snacks

Farm fresh banana bajji
Farm fresh mirchi bajji
Healthy & hot onion pokada

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SATURDAY

Breakfast

Farm fresh mint juice
Farm fresh beetroot salad
Healthy pineapple cut fruit
Organic healthy moong dal idly
iron & protein ragi dosa
healthy sabudhana upma
healthy oats omelet
farm fresh vegetable poha

Lunch

Farm fresh mint juice
Farm fresh cucumber salad
Hot & healthy carrot chapati
Hot lemon rice
Hot healthy steamed rice
Farm fresh tomato brinjal curry
Farm fresh cabbage chana curry
Farm fresh thotakura pappu
Farm fresh garlic rasam
Farm fresh healthy curd

Dinner

Hot & healthy broccoli soup
Farm fresh beetroot salad
Hot & healthy carrot chapati
Hot & healthy steam rice
Farm fresh pumpkin sambar
Farm fresh beetroot fry
Farm fresh bendi curry
Hot & healthy garlic rasam
Farm fresh curd
Tomato pickle

Snacks

Hot & healthy punugulu
Farm fresh cabbage pakoda
Farm fresh bendi bajji

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SUNDAY

Breakfast

Farm fresh beetroot juice
Farm fresh cucumber salad
Healthy watermelon cut fruit
Farm fresh healthy carrots idly
High protein bajra dosa
Fresh & hot semiya upma
Healthy oats omelet
Farm fresh vegetable poha

Lunch

Farm fresh carrot juice
Farm fresh beetroot salad
Hot & healthy green chapati
Farm fresh tomato rice
Hot steam rice
Farm fresh luaki chana curry
Farm fresh bendi fry
Farm fresh palak dal
Hot & healthy tomato rasam
Farm fresh healthy curd

Dinner

Hot & Healthy coriander soup
Farm fresh carrot salad
Hot & healthy green chapati
Hot & healthy steamed rice
Farm fresh tendli fry
Farm fresh mix vegetable curry
Farm fresh domestic sambar
Hot & healthy tomato rasam
Farm fresh healthy curd
Lemon pickle

Snacks

Farm fresh brinjal bajji
Farm fresh capsicum bajji
Hot healthy bred omelet