



ALOT KITCHEN

CONTEMPORARY WEEKLY MEAL COLLECTION

NORTH INDIAN COLLECTION

PRIME + SAVER | 6 PACKAGES

Saver Flexitarian

Saver Non-Vegetarian

Saver Vegetarian



SAVER FLEXITARIAN

NORTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST MON-SAT

MON	Dhokla / Chicken Salna / Chutney
TUE	Poha / Green Chutney / Sweet Chutney / Boiled Egg
WED	Chapati / Black Chana / Boiled Egg
THU	Pav / White Chana / Onion Chop / Lemon
FRI	Chicken Macaroni (week 1) Veg Macaroni / Salna (week 2 & 4) Egg Macaroni / Salna (week 3)
SAT	Chapati / Egg Do Pyaza

LUNCH MON-SAT

MON	Rice / Dal Curry / Chicken Fry / Carrot Raita / Pickle / Papad (week 1 & 3) Rice / Chicken Curry / Carrot Raita / Pickle / Papad (week 2 & 4)
TUE	Barik Rice / Chicken Curry (N) / Raita / Aloo Jeera (N) / Pickle
WED	Special Rice / Egg Tikka Masala (N) / Chicken Fry / Tadka Raita
THU	Barik Rice / Dal Gravy (N) / Curd / Cumin Raita / Egg Fry / Pickle
FRI	Chicken Biryani (week 1 & 2) Malabar Chicken Dum Biryani (week 3) Ambur Chicken Biryani / (Boiled Egg / Carrot Cucumber Raita / Pickle / Sweets) (week 4)
SAT	Barik Rice / Soya Chukka (N) / Mint Raita / Pickle

DINNER MON-SAT

MON	Roti / Sausage Curry / Salad (week 1 & 3) Roti / Chicken Xacuti / Salad (week 2 & 4)
TUE	Kulcha (2) / White Chana Curry / Salad (week 1 & 3) Bhatura / White Chana Curry / Salad (week 2 & 4)
WED	Porotta (2) / Egg Stew / Salad (week 1 & 3) Puri / Egg Korma / Salad (week 2 & 4)
THU	Chapati (3) / Shahi Chicken Kofta / Salad
FRI	Half Barik Rice / Chapati (2) / Bhurji Curry / Moong Dal / Salad
SAT	Special Pulao / Gravy (week 1) Chicken Kabsa / Salsa (week 2) Chicken Mandhi / Salsa (week 3) Ghee Rice / Mushroom Curry / Vinegar Salad (week 4)

PACKAGE PRICING

Breakfast	DHS 270	Breakfast + Dinner	DHS 530
Tiffin Lunch / Lunch	DHS 320	Tiffin Lunch / Lunch + Dinner	DHS 530
Dinner	DHS 320	Breakfast + Tiffin Lunch / Lunch + Dinner	DHS 650
Breakfast + Tiffin Lunch / Lunch	DHS 530		



SAVER NON-VEGETARIAN

NORTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST^{MON-SAT}

MON	Dhokla / Chicken Salna / Chutney
TUE	Poha / Green Chutney / Sweet Chutney / Boiled Egg
WED	Chapati / Black Chana / Boiled Egg
THU	Pav / White Chana / Onion Chop / Lemon
FRI	Chicken Macaroni / Boiled Egg (<i>week 1</i>) Veg Macaroni / Salna / Boiled Egg (<i>week 2 & 4</i>) Egg Macaroni / Salna / Boiled Egg (<i>week 3</i>)
SAT	Chapati / Egg Do Pyaza

LUNCH^{MON-SAT}

MON	Rice / Dal Curry / Chicken Fry / Carrot Raita / Pickle / Papad (<i>week 1 & 3</i>) Rice / Chicken Curry / Carrot Raita / Pickle / Papad (<i>week 2 & 4</i>)
TUE	Barik Rice / Chicken Curry (N) / Raita / Aloo Jeera (N) / Pickle
WED	Special Rice / Egg Tikka Masala (N) / Chicken Fry / Tadka Raita / Sweets
THU	Barik Rice / Dal Gravy (N) / Curd / Cumin Raita / Chicken Fry / Scrambled Egg / Pickle
FRI	Chicken Biryani (<i>week 1 & 2</i>) Malabar Chicken Dum Biryani (<i>week 3</i>) Ambur Chicken Biryani / (Chicken Fry / Carrot Cucumber Raita / Pickle / Sweets) (<i>week 4</i>)
SAT	Barik Rice / Soya Chukka (N) / Chicken Fry / Mint Raita / Pickle

DINNER^{MON-SAT}

MON	Roti / Sausage Curry / Salad (<i>week 1 & 3</i>) Roti / Chicken Xacuti / Salad (<i>week 2 & 4</i>)
TUE	Kulcha (2) / Chicken Hariyali / Salad (<i>week 1 & 3</i>) Bhatura / Chicken Hariyali / Salad (<i>week 2 & 4</i>)
WED	Porotta (2) / Egg Stew / Salad (<i>week 1 & 3</i>) Puri / Egg Korma / Salad (<i>week 2 & 4</i>)
THU	Chapati (3) / Shahi Chicken Kofta / Veg Curry / Salad
FRI	Half Barik Rice / Chapati (2) / Bhurji Curry / Moong Dal / Salad
SAT	Special Pulao / Gravy (<i>week 1</i>) Chicken Kabsa / Salsa (<i>week 2</i>) Chicken Mandhi / Salsa (<i>week 3</i>) Ghee Rice / Mushroom Curry / Vinegar Salad (<i>week 4</i>)

PACKAGE PRICING

Breakfast

DHS 330

Breakfast + Dinner

DHS 600

Tiffin Lunch / Lunch

DHS 380

Tiffin Lunch / Lunch + Dinner

DHS 600

Dinner

DHS 380

Breakfast + Tiffin Lunch / Lunch + Dinner

DHS 780

Breakfast + Tiffin Lunch / Lunch

DHS 600



SAVER VEGETARIAN

NORTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST^{MON-SAT}

MON	Dhokla / Green Chutney / Sweet Chutney
TUE	Poha / Green Chutney / Sweet Chutney
WED	Chapati / Black Chana
THU	Pav / White Chana / Onion Chop / Lemon
FRI	Veg Macaroni / Veg Salna
SAT	Chapati / Veg Korma

LUNCH^{MON-SAT}

MON	Rice / Dal Curry / Gobi Fry / Carrot Raita / Pickle / Papad (<i>week 1 & 3</i>) Rice / Mushroom Curry / Carrot Raita / Pickle / Papad (<i>week 2 & 4</i>)
TUE	Barik Rice / Mix Veg Curry (N) / Raita / Aloo Jeera (N) / Pickle
WED	Special Rice / Chole Tikka Masala (N) / Tadka Raita
THU	Barik Rice / Dal Gravy (N) / Curd / Cumin Raita / Ivy Gourd Fry (N) / Pickle
FRI	Veg Biryani / Gobi Fry / Carrot Cucumber Raita / Pickle / Sweets
SAT	Barik Rice / Soya Chukka (N) / Bhindi Fry / Mint Raita / Pickle

DINNER^{MON-SAT}

MON	Roti / Green Peas Curry / Dal Fry / Salad
TUE	Kulcha (2) / White Chana Curry / Salad (<i>week 1 & 3</i>) Bhatura / White Chana Curry / Salad (<i>week 2 & 4</i>)
WED	Porotta (2) / Veg Korma / Dal Fry / Salad (<i>week 1 & 3</i>) Puri / Veg Korma / Dal Fry / Salad (<i>week 2 & 4</i>)
THU	Chapati (3) / Veg Curry / Dal / Salad
FRI	Half Barik Rice / Chapati (2) / Subzi / Moong Dal / Pickle / Salad
SAT	Veg Special Pulao / Gravy (<i>week 1 & 3</i>) Veg Maqluba / Salsa (<i>week 2 & 3</i>) Ghee Rice / Mushroom Curry / Vinegar Salad (<i>week 4</i>)

PACKAGE PRICING

Breakfast	DHS 270	Breakfast + Dinner	DHS 530
Tiffin Lunch / Lunch	DHS 320	Tiffin Lunch / Lunch + Dinner	DHS 530
Dinner	DHS 320	Breakfast + Tiffin Lunch / Lunch + Dinner	DHS 650
Breakfast + Tiffin Lunch / Lunch	DHS 530		