



ALOT KITCHEN

CONTEMPORARY WEEKLY MEAL COLLECTION

SOUTH INDIAN COLLECTION

ESSENTIAL + REGULAR | 6 PACKAGES

Essential Flexitarian

Essential Pro Flexitarian

Essential Vegetarian



ESSENTIAL FLEXITARIAN

SOUTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST^{MON-SAT}

MON	Idli / Sambar / Chutney (<i>week 1 & 3</i>) Special Idli / Sambar / Chutney (<i>week 2 & 4</i>)
TUE	Upma / White Peas (<i>week 1 & 3</i>) Semiya Upma (<i>week 2 & 4</i>)
WED	Puttu / Black Chana
THU	Dosa / Sambar / Chutney (<i>week 1 & 3</i>) Masala Dosa / Sambar / Chutney (<i>week 2 & 4</i>)
FRI	Chicken Macaroni (<i>week 1</i>) Veg Macaroni / Salna (<i>week 2 & 4</i>) Egg Macaroni / Salna (<i>week 3</i>)
SAT	Uthappam / Sambar / Chutney

LUNCH^{MON-SAT}

MON	Rice / Moru Curry / Chicken Fry / Dal Fry / Upperi / Pickle / Papad (<i>week 1 & 3</i>) Rice / Chicken Curry / Dal Fry / Upperi / Pickle / Papad (<i>week 2 & 4</i>)
TUE	Rice / Fish Chilli Curry / Inji Moru / Upperi / Pickle / Papad
WED	Special Rice / Egg Tikka Masala (N) / Tadka Raita
THU	Rice / Sambar / Pachadi / Upperi / Fish Fry / Pickle / Papad
FRI	Chicken Biryani (<i>week 1</i>) Beef Biryani (<i>week 2</i>) Malabar Chicken Dum Biryani (<i>week 3</i>) Ambur Chicken Biryani / (Boiled Egg / Carrot Cucumber Raita / Pickle / Sweets) (<i>week 4</i>)
SAT	Rice / Fish Coconut Curry / Rasam / Upperi / Pickle / Papad

DINNER^{MON-SAT}

MON	Porotta (2) / Fish Curry / Salad (<i>week 1 & 3</i>) Porotta (2) / Chicken Xacuti / Salad (<i>week 2 & 4</i>)
TUE	Kulcha (2) / White Chana Curry / Salad (<i>week 1 & 3</i>) Bhatura / White Chana Curry / Salad (<i>week 2 & 4</i>)
WED	Kallappam (3) / Egg Stew / Salad (<i>week 1 & 3</i>) Puri / Egg Korma / Salad (<i>week 2 & 4</i>)
THU	Chapati (3) / Veg Curry / Salad (<i>week 1 & 3</i>) Chapati (3) / Shahi Chicken Kofta / Salad (<i>week 2 & 4</i>)
FRI	Kappa Biryani / Kachumber (<i>week 1 & 3</i>) Kothu Porotta / Salna (<i>week 2</i>) Puttu Biryani / Kachumber Raita (<i>week 4</i>)
SAT	Special Pulao / Gravy (<i>week 1</i>) Chicken Kabsa / Salsa (<i>week 2</i>) Chicken Mandhi / Salsa (<i>week 3</i>) Ghee Rice / Beef Curry / Vinegar Salad (<i>week 4</i>)

PACKAGE PRICING

Breakfast	DHS 180	Breakfast + Dinner	DHS 360
Tiffin Lunch / Lunch	DHS 240	Tiffin Lunch / Lunch + Dinner	DHS 390
Dinner	DHS 240	Breakfast + Tiffin Lunch / Lunch + Dinner	DHS 480
Breakfast + Tiffin Lunch / Lunch	DHS 360		



ESSENTIAL PRO FLEXITARIAN

SOUTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST^{MON-SAT}

MON	Idli / Chicken Salna / Chutney (<i>week 1 & 3</i>) Special Idli / Chicken Salna / Chutney (<i>week 2 & 4</i>)
TUE	Upma / White Peas / Boiled Egg (<i>week 1 & 3</i>) Semiya Upma / Boiled Egg (<i>week 2 & 4</i>)
WED	Puttu / Black Chana
THU	Dosa / Chicken Salna / Chutney (<i>week 1 & 3</i>) Masala Dosa / Sambar / Chutney (<i>week 2 & 4</i>)
FRI	Chicken Macaroni (<i>week 1</i>) Veg Macaroni / Salna (<i>week 2 & 4</i>) Egg Macaroni / Salna (<i>week 3</i>)
SAT	Uthappam / Sambar / Chutney

LUNCH^{MON-SAT}

MON	Rice / Moru Curry / Chicken Fry / Dal Fry / Upperi / Pickle / Papad (<i>week 1 & 3</i>) Rice / Chicken Curry / Dal Fry / Upperi / Pickle / Papad (<i>week 2 & 4</i>)
TUE	Rice / Fish Chilli Curry / Fish Fry / Inji Moru / Upperi / Pickle / Papad
WED	Special Rice / Egg Tikka Masala (N) / Chicken Fry / Tadka Raita
THU	Rice / Sambar / Pachadi / Upperi / Fish Fry / Pickle / Papad
FRI	Chicken Biryani (<i>week 1</i>) Beef Biryani (<i>week 2</i>) Malabar Chicken Dum Biryani (<i>week 3</i>) Ambur Chicken Biryani / (Boiled Egg / Carrot Cucumber Raita / Pickle / Sweets) (<i>week 4</i>)
SAT	Rice / Fish Coconut Curry / Rasam / Upperi / Pickle / Papad

DINNER^{MON-SAT}

MON	Porotta (2) / Fish Curry / Salad (<i>week 1 & 3</i>) Porotta (2) / Chicken Xacuti / Salad (<i>week 2 & 4</i>)
TUE	Kulcha (2) / White Chana Curry / Salad (<i>week 1 & 3</i>) Bhatura / White Chana Curry / Salad (<i>week 2 & 4</i>)
WED	Kallappam (3) / Egg Stew / Salad (<i>week 1 & 3</i>) Puri / Egg Korma / Salad (<i>week 2 & 4</i>)
THU	Chapati (3) / Shahi Chicken Kofta / Salad
FRI	Kappa Biryani / Kachumber (<i>week 1 & 3</i>) Kothu Porotta / Salna (<i>week 2</i>) Puttu Biryani / Kachumber Raita (<i>week 4</i>)
SAT	Pulao / Gravy (<i>week 1</i>) Chicken Kabsa / Salsa (<i>week 2</i>) Chicken Mandhi / Salsa (<i>week 3</i>) Ghee Rice / Beef Curry / Vinegar Salad (<i>week 4</i>)

PACKAGE PRICING

Breakfast	DHS 210	Breakfast + Dinner	DHS 460
Tiffin Lunch / Lunch	DHS 250	Tiffin Lunch / Lunch + Dinner	DHS 460
Dinner	DHS 250	Breakfast + Tiffin Lunch / Lunch + Dinner	DHS 600
Breakfast + Tiffin Lunch / Lunch	DHS 460		



ESSENTIAL VEGETARIAN

SOUTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST_{MON-SAT}

MON	Idli / Sambar / Chutney (<i>week 1 & 3</i>) Special Idli / Sambar / Chutney (<i>week 2 & 4</i>)
TUE	Upma / White Peas (<i>week 1 & 3</i>) Semiya Upma (<i>week 2 & 4</i>)
WED	Puttu / Black Chana
THU	Dosa / Sambar / Chutney (<i>week 1 & 3</i>) Masala Dosa / Sambar / Chutney (<i>week 2 & 4</i>)
FRI	Veg Macaroni / Veg Salna
SAT	Uthappam / Sambar / Chutney

LUNCH_{MON-SAT}

MON	Rice / Moru Curry / Marrow Fry / Dal Fry / Chammanthi Podi / Upperi / Pickle / Papad] (<i>week 1 & 3</i>) Rice / Veg Curry / Dal Fry / Chammanthi Podi / Upperi / Pickle / Papad (<i>week 2 & 4</i>)
TUE	Rice / Mix Veg Curry / Aloo Jeera / Inji Moru / Upperi / Chammanthi Podi / Pickle / Papad
WED	Special Rice / Chole Tikka Masala (N) / Tadka Raita
THU	Rice / Sambar / Pachadi / Upperi / Ivy Gourd Fry / Chammanthi Podi / Pickle / Papad
FRI	Veg Biryani / Gobi Fry / Carrot Cucumber Raita / Pickle / Sweets
SAT	Rice / Soya Chukka / Bhindi Fry / Rasam / Upperi / Pickle / Papad

DINNER_{MON-SAT}

MON	Porotta (2) / 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	Kallappam (3) / 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	Veg Kappa Biryani / Kachumber (<i>week 1 & 3</i>) Veg Kothu Porotta / Salna (<i>week 2</i>) Veg Puttu Biryani / Kachumber Raita (<i>week 4</i>)
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 220	Breakfast + Dinner	DHS 480
Tiffin Lunch / Lunch	DHS 270	Tiffin Lunch / Lunch + Dinner	DHS 480
Dinner	DHS 270	Breakfast + Tiffin Lunch / Lunch + Dinner	DHS 600
Breakfast + Tiffin Lunch / Lunch	DHS 480		