



ALOT KITCHEN

CONTEMPORARY WEEKLY MEAL COLLECTION

SOUTH INDIAN COLLECTION

ESSENTIAL + REGULAR | 6 PACKAGES

Regular Flexitarian

Regular Non-Vegetarian

Regular Vegetarian



REGULAR 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 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



REGULAR NON-VEGETARIAN

SOUTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST MON-SAT

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

LUNCH MON-SAT

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

DINNER MON-SAT

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

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		



REGULAR 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

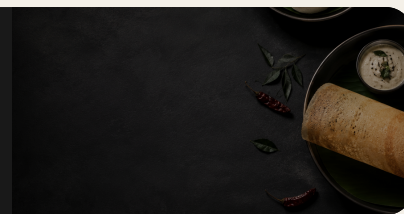
Breakfast	DHS 270	Breakfast + Dinner	DHS 530
Tiffin Lunch / Lunch	DHS 320	Tiffin Lunch / Lunch + Dinner	DHS 530
Dinner	DHS 320	Breakfast + Tiffin Lunch / Lunch + Dinner	DHS 650
Breakfast + Tiffin Lunch / Lunch	DHS 530		



REGULAR FLEXITARIAN

SOUTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST MON-SAT

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

LUNCH MON-SAT

MON	Rice / Moru Curry / Chicken Fry / Dal Fry / Upperi / Pickle / Papad (week 1 & 3) Rice / Chicken Curry / Dal Fry / Upperi / Pickle / Papad (week 2 & 4)
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 (week 1) Beef Biryani (week 2) Malabar Chicken Dum Biryani (week 3) Ambur Chicken Biryani / (Boiled Egg / Carrot Cucumber Raita / Pickle / Sweets) (week 4)
SAT	Rice / Fish Coconut Curry / Rasam / Upperi / Pickle / Papad

DINNER MON-SAT

MON	Porotta (2) / Fish Curry / Salad (week 1 & 3) Porotta (2) / 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	Kallappam (3) / Egg Stew / Salad (week 1 & 3) Puri / Egg Korma / Salad (week 2 & 4)
THU	Chapati (3) / Shahi Chicken Kofta / Salad
FRI	Kappa Biryani / Kachumber (week 1 & 3) Kothu Porotta / Salna (week 2) Puttu Biryani / Kachumber Raita (week 4)
SAT	Pulao / Gravy (week 1) Chicken Kabsa / Salsa (week 2) Chicken Mandhi / Salsa (week 3) Ghee Rice / Beef 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



REGULAR NON-VEGETARIAN

SOUTH INDIAN / WEEKLY MEAL PLAN

BREAKFAST / LUNCH / DINNER



BREAKFAST MON-SAT

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

LUNCH MON-SAT

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

DINNER MON-SAT

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

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		



REGULAR 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 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		