

**BETTER CHOICE TIFFIN SERVICES**

# Weekly Vegetarian Tiffin Menu

Home-style breakfast, lunch and dinner tiffins, thoughtfully planned for every day of the week.

**Call or WhatsApp: +91 9980334380 | +91 6306489804**

**MONDAY TO SUNDAY SAMPLE MENU**

Operating from Sector 121, Noida - Delivering across selected Noida areas

# Visual thali highlights

Full vegetarian Lunch and Dinner meal concepts.



## Homestyle Classic

Roti, dal tadka, bhindi, rice, salad and achar.



## Festive Chole Puri

Chole, puris, raita, rice and fresh salad.



## Royal Fusion

Malai kofta, dal, veg biryani, missi roti and raita.



## Everyday Comfort

Baingan bharta, dal, curd rice, chapati and salad.



## Nutri-Fit Bowl

Bhindi, moong dal, brown rice, multigrain roti and sprouts.



## Punjabi Grandeur

Paneer, dal makhani, mix veg, pulao, naan and pickle.



## Classic North Indian

Palak paneer, dal, aloo gobi, rice, roti and salad.



## Wholesome Delight

Mixed veg, chana dal, jeera rice, phulka and sweet curd.

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# Monday to Thursday

Complete vegetarian tiffin combinations with roti, sabji, dal, chawal, salad and accompaniments.

| Monday                                                                                                                    |                                                                                                                                                                      |                                                                                                                                                                            | HOMESTYLE START      |
|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| <div><b>BREAKFAST</b></div> <div><b>Stuffed Paratha with Curd</b></div> <div>Fresh stuffed paratha, curd and achar.</div> | <div><b>LUNCH</b></div> <div><b>Homestyle Classic Thali</b></div> <div>Soft rotis, yellow dal tadka, bhindi masala, basmati rice, fresh salad and mango achar.</div> | <div><b>DINNER</b></div> <div><b>Classic North Indian Thali</b></div> <div>Palak paneer, dal tadka, aloo gobhi, steamed rice, butter roti, cucumber salad and achar.</div> |                      |
| Tuesday                                                                                                                   |                                                                                                                                                                      |                                                                                                                                                                            | WHOLESOME FAVOURITES |
| <div><b>BREAKFAST</b></div> <div><b>Masala Dosa with Sambar</b></div> <div>Crisp dosa, sambar and chutney.</div>          | <div><b>LUNCH</b></div> <div><b>Nutri-Fit Bowl</b></div> <div>Bhindi masala, moong dal, brown rice, multigrain roti, sprouted salad and lemon.</div>                 | <div><b>DINNER</b></div> <div><b>Punjabi Grandeur Thali</b></div> <div>Paneer butter masala, dal makhani, mix veg, pulao, garlic naan, papad and mixed pickle.</div>       |                      |
| Wednesday                                                                                                                 |                                                                                                                                                                      |                                                                                                                                                                            | COMFORT MEALS        |
| <div><b>BREAKFAST</b></div> <div><b>Poori with Dum Aloo</b></div> <div>Golden pooris with comforting dum aloo.</div>      | <div><b>LUNCH</b></div> <div><b>Wholesome Delight Thali</b></div> <div>Mixed veg sabji, chana dal, jeera rice, phulka roti, fresh salad and sweet curd.</div>        | <div><b>DINNER</b></div> <div><b>Everyday Comfort Thali</b></div> <div>Baingan bharta, arhar dal, curd rice, chapati, kachumber salad and green chilli pickle.</div>       |                      |
| Thursday                                                                                                                  |                                                                                                                                                                      |                                                                                                                                                                            | SPECIAL VEG THALI    |
| <div><b>BREAKFAST</b></div> <div><b>Chole Bhature</b></div> <div>Spiced chole, bhature and fresh onion salad.</div>       | <div><b>LUNCH</b></div> <div><b>Royal Fusion Thali</b></div> <div>Malai kofta, panchmel dal, veg biryani, missi roti, boondi raita and garlic chutney.</div>         | <div><b>DINNER</b></div> <div><b>Rajma Chawal Meal</b></div> <div>Rajma masala, steamed rice, seasonal dry sabji, salad, roti and achar.</div>                             |                      |

# Friday to Sunday

Weekend variety with familiar daily tiffin favourites and special vegetarian combinations.

| Friday                                                                                                |                                                                                                                                      |                                                                                                                                   | FRESH AND FILLING |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>BREAKFAST</b><br><b>Pav Bhaji</b><br>Vegetable bhaji with soft pav and fresh salad.                | <b>LUNCH</b><br><b>Paneer &amp; Dal Thali</b><br>Kadai paneer, dal tadka, seasonal sabji, rice, phulka roti, salad and achar.        | <b>DINNER</b><br><b>Kadhi Chawal Meal</b><br>Kadhi pakora, steamed rice, roti, seasonal sabji, salad and pickle.                  |                   |
| Saturday                                                                                              |                                                                                                                                      |                                                                                                                                   | WEEKEND SPECIAL   |
| <b>BREAKFAST</b><br><b>Stuffed Paratha with Curd</b><br>Hot stuffed paratha, curd and homemade achar. | <b>LUNCH</b><br><b>Festive Chole Puri Thali</b><br>Spicy chole, golden puris, pomegranate raita, basmati rice and fresh green salad. | <b>DINNER</b><br><b>Vegetable Biryani with Raita</b><br>Vegetable biryani, raita, salad, papad and a light seasonal side.         |                   |
| Sunday                                                                                                |                                                                                                                                      |                                                                                                                                   | FAMILY FAVOURITE  |
| <b>BREAKFAST</b><br><b>Masala Dosa with Sambar</b><br>Fresh dosa, sambar and coconut chutney.         | <b>LUNCH</b><br><b>Classic North Indian Thali</b><br>Paneer or seasonal sabji, dal, rice, roti, salad, raita and achar.              | <b>DINNER</b><br><b>Homestyle Comfort Thali</b><br>Mix veg curry, chana dal, jeera rice, phulka roti, fresh salad and sweet curd. |                   |

**Important:** This is a sample weekly menu. We use fresh seasonal vegetables, so dishes may be substituted with an equivalent vegetarian option when needed.

# Tiffin service options

Choose a plan and tiffin size that suits your routine.

|                                                                               |                                                                                    |                                                                                         |
|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>Standard Tiffin</b><br><br><b>₹100</b><br>Everyday vegetarian tiffin plan. | <b>Premium Tiffin</b><br><br><b>₹130</b><br>Fuller meal plan with premium choices. | <b>Custom Tiffin</b><br><br><b>₹160</b><br>Customised around selected meal preferences. |
|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|

- Use-and-throw plates, single-person tiffins and family tiffins for approximately 3 people are available.
- Subscription options: 7 days, 15 days and monthly plans.
- Breakfast, Lunch and Dinner availability can be selected as per your plan.



# Our thali highlights

A visual selection of the full vegetarian meal concepts available for Lunch and Dinner.



## Homestyle Classic

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## Festive Chole Puri

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## Royal Fusion

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## Nutri-Fit Bowl

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## Punjabi Grandeur

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## Classic North Indian

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## Wholesome Delight

Mixed veg, chana dal, jeera rice, phulka and sweet curd.

Better Choice Tiffin Services | Full vegetarian thalis are subject to the daily fresh menu.