



Sir H. N.

**Reliance**  
Foundation Hospital

RESPECT FOR LIFE

## PATIENT MEAL TIMINGS

**Breakfast:**

08:00 - 09:00

**Lunch:**

12:30 - 13:30

**Evening snacks & tea:**

15:30 - 16:30

**Dinner:**

19:30 - 20:30

Meals will be served during this time  
unless specified by the dietician



**MENU FOR PATIENTS ON FULL DIET**

# MENU FOR PATIENTS ON FULL DIET

## DAY 1



<b>BREAKFAST</b>	<b>Hot Item</b>	Vegetable upma
<b>MID MORNING SOUP</b>	<b>Soup</b>	Beetroot carrot
<b>LUNCH</b>	<b>Dal</b>	Gujrati kadhi
	<b>Vegetable 1</b>	Rangooni val ussal
	<b>Vegetable 2</b>	Corn capsicum bhaji
	<b>OR</b>	
	<b>International</b>	Pasta in tomato sauce with soya granules and vegetables
<b>EVENING SNACKS</b>	<b>Snacks</b>	Green moong wadi <b>OR</b> Green pea cutlet
<b>DINNER</b>	<b>Soup</b>	Green peas
	<b>Dal</b>	Masoor dal
	<b>Vegetable 1</b>	Paneer do pyaza
	<b>Vegetable 2</b>	Aloo methi
	<b>OR</b>	
	<b>International</b>	Paneer vegetable frankie

**BREAKFAST** items will be accompanied with cereal, fruit of the day and their respective accompaniments like sambar, chutney, toast, jam & butter.

**LUNCH** will be served with salad, rice preparation & dessert for the meal period along with yoghurt and homemade chappatis.

**EVENING SNACKS** will be served along with Tea/coffee.

**DINNER** will be served with salad, rice preparation & dessert for the meal period along with yoghurt and homemade chappatis.

### PLEASE NOTE

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- Please check with your floor server or dietician for the day's menu. Based on your arrival, the cyclic menu will continue progressively
- Patient Menu subject to change without prior intimation
- Any food item ordered from the menu will require 40 minutes to serve and will be charged to the patients

### FOR ATTENDANTS

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# MENU FOR PATIENTS ON FULL DIET

DAY 2



## BREAKFAST

Hot Item

Idli

## MID MORNING SOUP

Soup

Drumstick rasam

## LUNCH

Dal

Punjabi kadhi

Vegetable 1

Rajma masala

Vegetable 2

Bhindi subzi

OR

International

Baked spinach & corn

## EVENING SNACKS

Snacks

Vegetable cutlet

OR

Banana muffin

## DINNER

Soup

Pumpkin

Dal

Dal fry

Vegetable 1

Paneer makhani

Vegetable 2

Parwar bhaji

OR

International

Potato roesti with vegetable ragout

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DAY 3



<b>BREAKFAST</b>	<b>Hot Item</b>	Vegetable peanut poha
<b>MID MORNING SOUP</b>	<b>Soup</b>	Corn soup
<b>LUNCH</b>	<b>Dal</b>	Gujrati dal
	<b>Vegetable 1</b>	Kulith ussal
	<b>Vegetable 2</b>	French beans bhaji
	<b>OR</b>	
	<b>International</b>	Quesadilla with tomato salsa
<b>EVENING SNACKS</b>	<b>Snacks</b>	Mini masala idli
		<b>OR</b>
		Vegetable sandwich
<b>DINNER</b>	<b>Soup</b>	Tamatar dal ka shorba
	<b>Dal</b>	Dal tadka
	<b>Vegetable 1</b>	Methi mutter malai
	<b>Vegetable 2</b>	Paneer bhurjee
	<b>OR</b>	
	<b>International</b>	Vegetable cutlet, sauté vegetables, tomato basil sauce

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**EVENING SNACKS** will be served along with Tea/coffee.

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DAY 4



<b>BREAKFAST</b>	<b>Hot Item</b>	Tomato upma
<b>MID MORNING SOUP</b>	<b>Soup</b>	Carrot tomato
<b>LUNCH</b>	<b>Dal</b>	Tomato kadhi
	<b>Vegetable 1</b>	Dry matki ussal
	<b>Vegetable 2</b>	Corn palak subzi
	<b>OR</b>	
	<b>International</b>	Spaghetti soya bolognaise
<b>EVENING SNACKS</b>	<b>Snacks</b>	Dudhi muthiya
		<b>OR</b>
		Baked potato wedges
<b>DINNER</b>	<b>Soup</b>	Tomato beetroot
	<b>Dal</b>	Panchmela dal
	<b>Vegetable 1</b>	Paneer shahi korma
	<b>Vegetable 2</b>	Baingan bharta
	<b>OR</b>	
	<b>International</b>	Barley vegetable risotto

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# MENU FOR PATIENTS ON FULL DIET

DAY 5



## BREAKFAST

### Hot Item

Idli

## MID MORNING SOUP

### Soup

Dhania shorba

## LUNCH

### Dal

Masoor dal

### Vegetable 1

Chana masala

### Vegetable 2

Gawar bhaji

### OR

### International

Vegetable au gratin

## EVENING SNACKS

### Snacks

Khata dhokla

### OR

Chocolate muffin

## DINNER

### Soup

Spinach

### Dal

Gujrati kadhi

### Vegetable 1

Paneer corn capsicum

### Vegetable 2

Turai muthiya nu shaak

### OR

### International

BBQ paneer club sandwich

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DAY 6



<b>BREAKFAST</b>	<b>Hot Item</b>	Vegetable upma
<b>MID MORNING SOUP</b>	<b>Soup</b>	Mix vegetable puree
<b>LUNCH</b>	<b>Dal</b>	Chana dal
	<b>Vegetable 1</b>	Moong ussal
	<b>Vegetable 2</b>	Gobi Mutter
	<b>OR</b>	
	<b>International</b>	Hummus, pickled vegetables, whole wheat pita, tomato stew, herb rice
<b>EVENING SNACKS</b>	<b>Snacks</b>	Oats tikki
	<b>OR</b>	Potato & corn galette
<b>DINNER</b>	<b>Soup</b>	Mulligatawny
	<b>Dal</b>	Tomato kadhi
	<b>Vegetable 1</b>	Paneer khurchan
	<b>Vegetable 2</b>	Suva mogar subzi
	<b>OR</b>	
	<b>International</b>	Fried rice with vegetables and paneer in soya coriander sauce

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DAY 7



<b>BREAKFAST</b>	<b>Hot Item</b>	Vegetable peanut poha
<b>MID MORNING SOUP</b>	<b>Soup</b>	Lemon coriander broth
<b>LUNCH</b>	<b>Dal</b>	Dal fry
	<b>Vegetable 1</b>	Kala chana dry
	<b>Vegetable 2</b>	Corn mutter subzi
	<b>OR</b>	
	<b>International</b>	Shepherd's pie
<b>EVENING SNACKS</b>	<b>Snacks</b>	Masala dhebra
	<b>OR</b>	
		Coleslaw sandwich
<b>DINNER</b>	<b>Soup</b>	Corn
	<b>Dal</b>	Black dal
	<b>Vegetable 1</b>	Paneer tikka masala
	<b>Vegetable 2</b>	Bhindi subzi
	<b>OR</b>	
	<b>International</b>	Baked vegetable parmigiana

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DAY 8



<b>BREAKFAST</b>	<b>Hot Item</b>	Tomato upma
<b>MID MORNING SOUP</b>	<b>Soup</b>	Dal shorba
<b>LUNCH</b>	<b>Dal</b>	Dal palak
	<b>Vegetable 1</b>	Whole masoor ussal
	<b>Vegetable 2</b>	Cabbage bhaji
	<b>OR</b>	
	<b>International</b>	Baked macaoni and cheese
<b>EVENING SNACKS</b>	<b>Snacks</b>	Corn tikki
		<b>OR</b>
		Toastie sandwich
<b>DINNER</b>	<b>Soup</b>	Tomato lentil
	<b>Dal</b>	Dal tadka
	<b>Vegetable 1</b>	Mutter paneer
	<b>Vegetable 2</b>	Methi ki sabzi
	<b>OR</b>	
	<b>International</b>	Grilled paneer with tomato sauce and herb rice

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DAY 9



<b>BREAKFAST</b>	<b>Hot Item</b>	Idli
<b>MID MORNING SOUP</b>	<b>Soup</b>	Vegetable barley broth
<b>LUNCH</b>	<b>Dal</b>	Langarwali dal
	<b>Vegetable 1</b>	Chawli ussal
	<b>Vegetable 2</b>	Baingan mutter
	<b>OR</b>	
	<b>International</b>	Jacket baked potato with cheese sauce and sauté vegetables
<b>EVENING SNACKS</b>	<b>Snacks</b>	Khaman dokhla
	<b>OR</b>	Popcorn
<b>DINNER</b>	<b>Soup</b>	Pineapple rassam
	<b>Dal</b>	Bhindi kadhi
	<b>Vegetable 1</b>	Palak paneer
	<b>Vegetable 2</b>	Lauki chana dal
	<b>OR</b>	
	<b>International</b>	Hakka noodles with vegetables & paneer in soya coriander sauce

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DAY 10



<b>BREAKFAST</b>	<b>Hot Item</b>	Vegetable peanut poha
<b>MID MORNING SOUP</b>	<b>Soup</b>	Minestrone
<b>LUNCH</b>	<b>Dal</b>	Dal amti
	<b>Vegetable 1</b>	Val ussal
	<b>Vegetable 2</b>	Chawli beans sukka
	<b>OR</b>	
	<b>International</b>	Mexican rice with bean stew
<b>EVENING SNACKS</b>	<b>Snacks</b>	Vati moongdal dhokla
	<b>OR</b>	
		Veg crudites with yogurt honey dill dip
<b>DINNER</b>	<b>Soup</b>	Vegetable laksa
	<b>Dal</b>	Toor dal
	<b>Vegetable 1</b>	Paneer kadhai
	<b>Vegetable 2</b>	Gobi mutter
	<b>OR</b>	
	<b>International</b>	Whole wheat crepes stuffed with vegetables and tomato sauce

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