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| **breakfast** | **lunch** | **dinner** |
| Tea/coffee | Dal bhat | Dal-bhat-Aachar |
| Bread | Sel roti & aloo aachar | dhido |
| Donot | samosa | khichadi |
| pop | Dhido | Bhuteko bhat |
| samosa | pizza | Roti & tarkari |
| milk | thukpa | Newari khana set |
| toash | choila | Masu chiura |
| Egg | Sadheko sukuti | papad |
| Butter | lafhing | naan |
| Juice | Aalu tama | bhuja |
| Fruits salad | tea | Tossed salad |
| Sel roti | momo | paneer |
| Roti & tarkari | Newari khaja | Aloo paratha |
| omelette | Pani puri | Chicken curry |
| Aloo paratha | chatpate | Aloo tama |
| Biscuits | Chowmein | Chicken/mashroom soup |
| Nuts | Naan with chic | Aalu pakoda |
|  | Samosa tarkari | Fish curry |
|  | Masu chiura | pizza |
|  |  | Fried chicken |
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[<https://www.quora.com/what-are-popular-neplase-breakfast-recipes>

<https://www.stunningnepal.com/nepalese-food/>

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