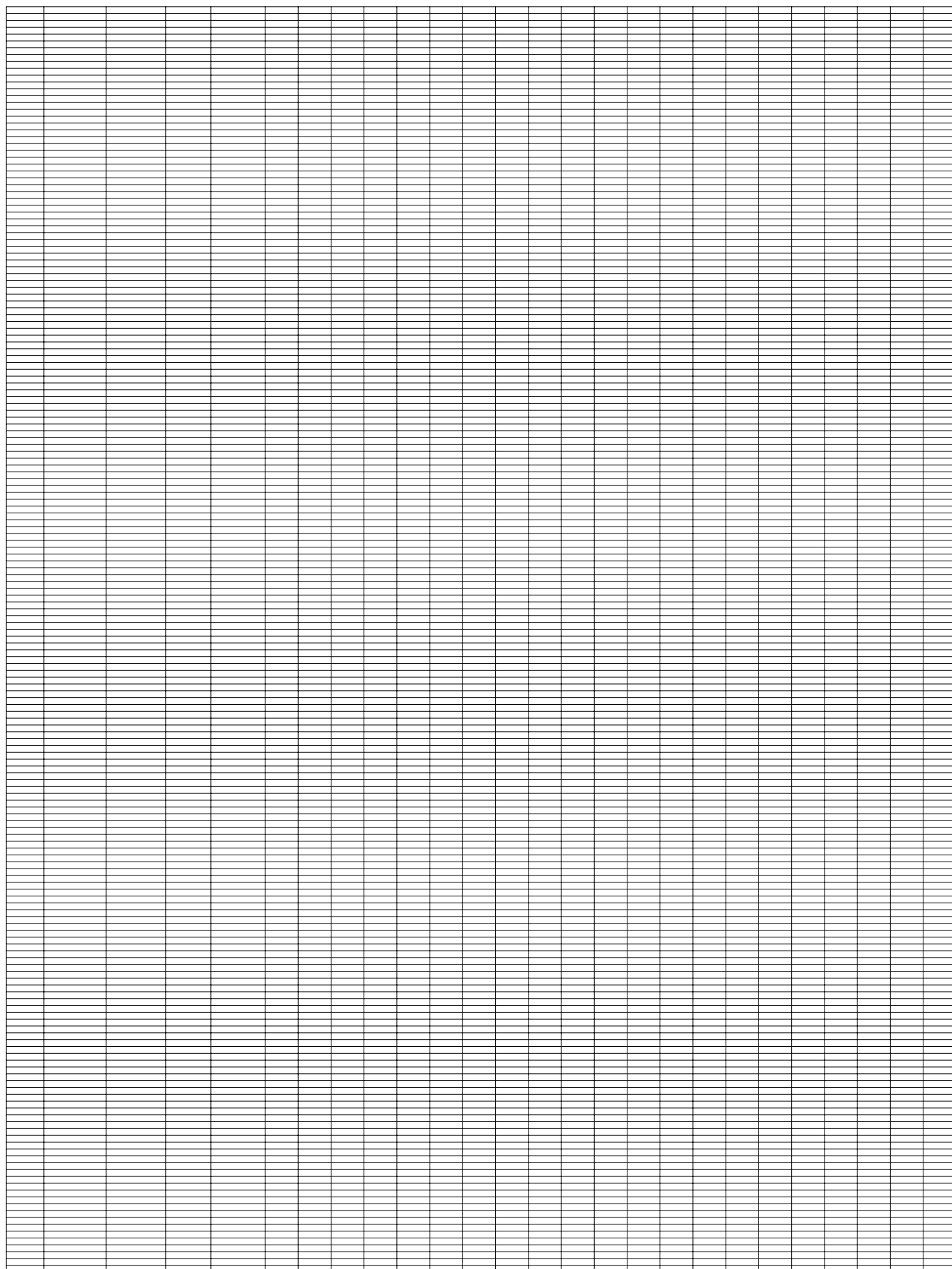
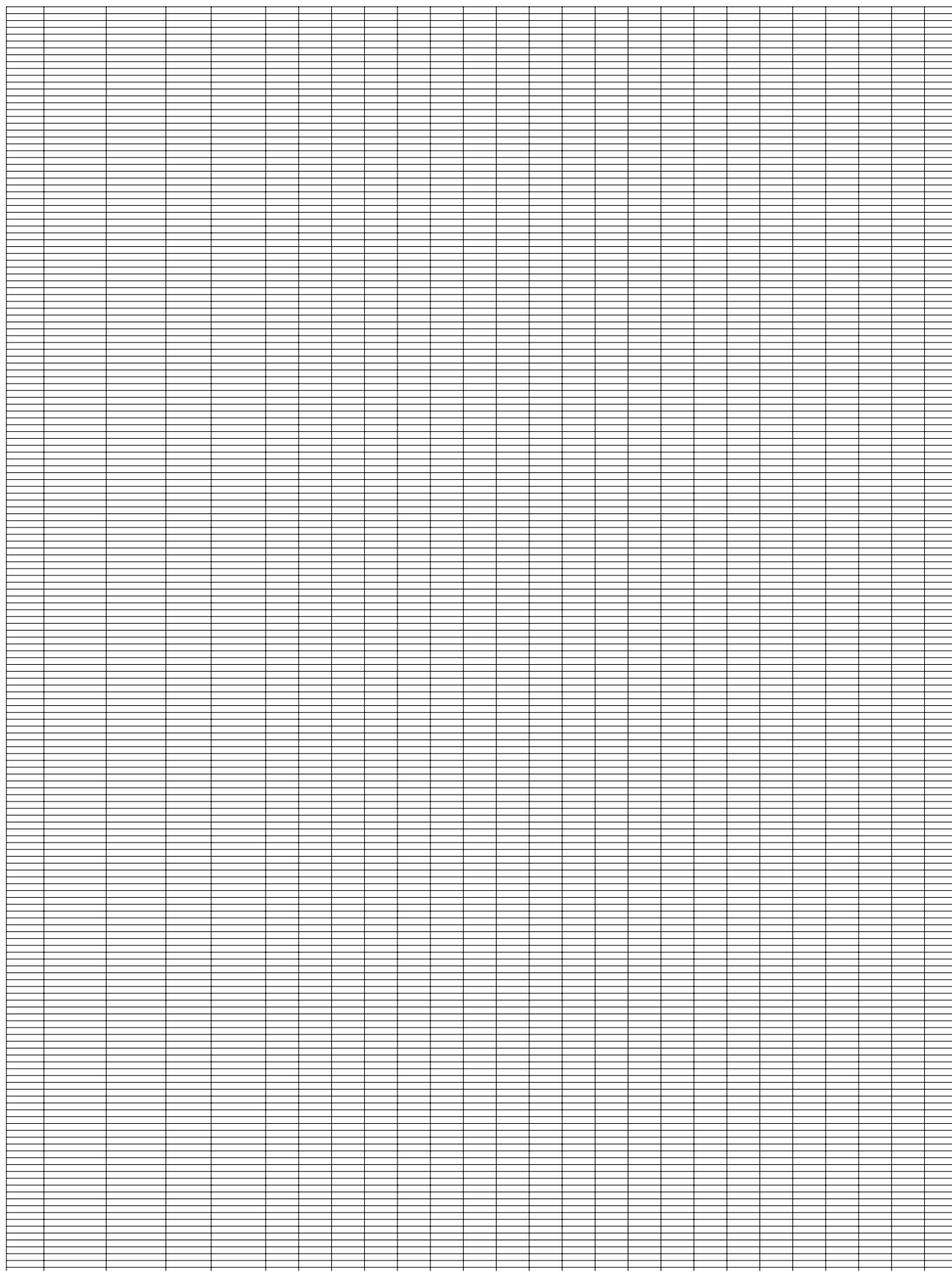
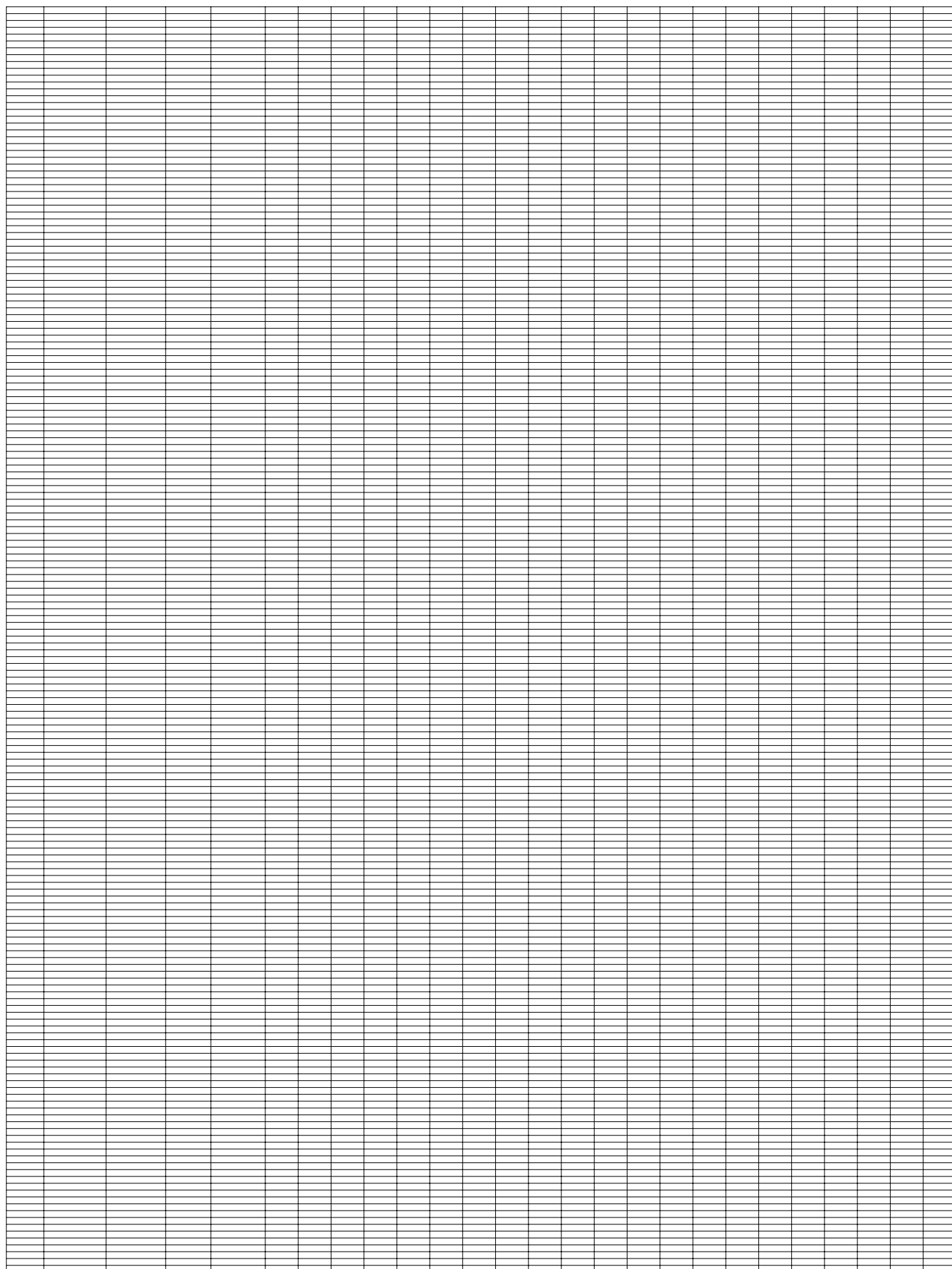
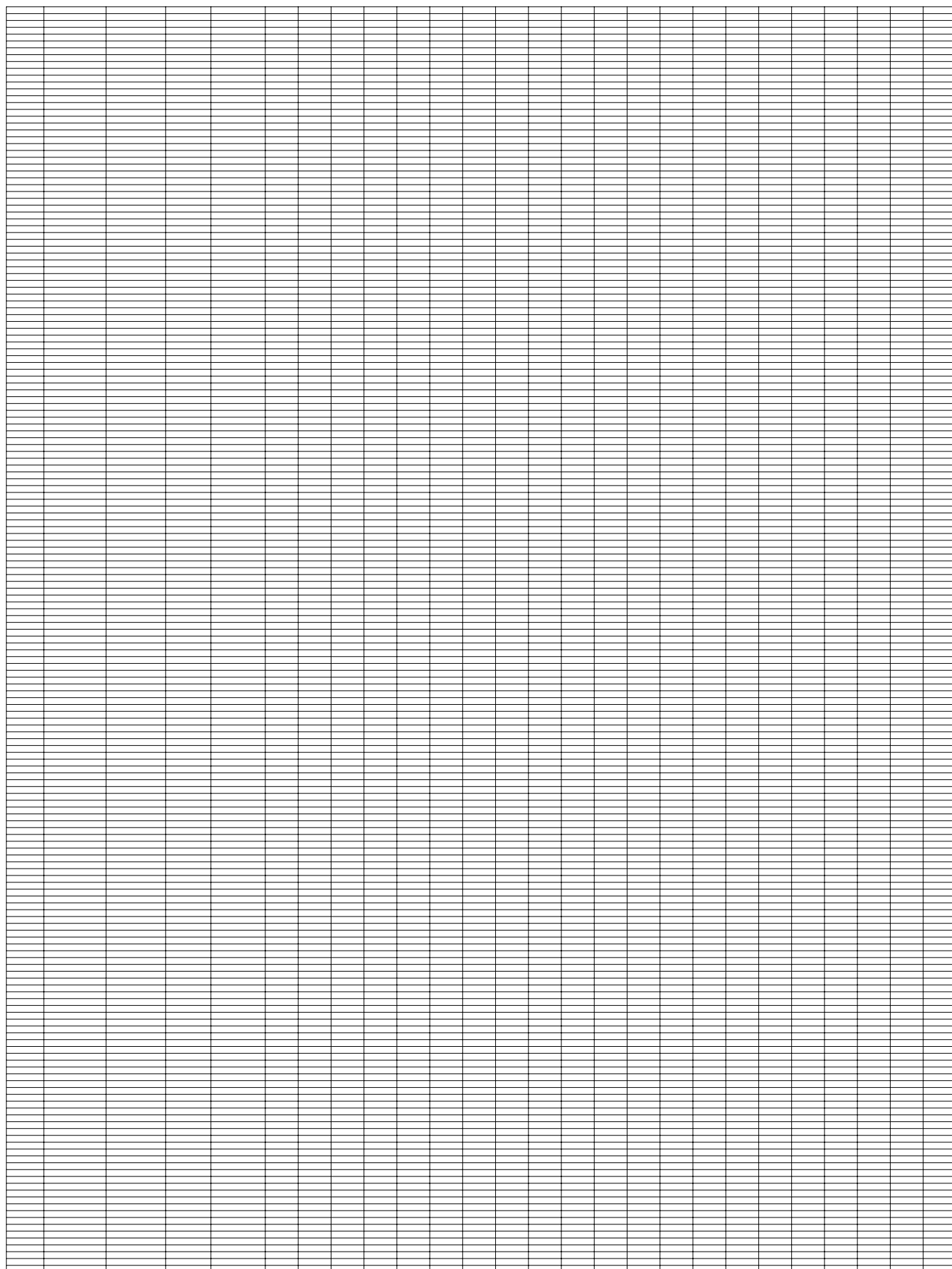


Dishes	Cooking time (mins)	Images
Pasta	30-40	
Manchurian	45-50	
Lady finger	20-30	
Poha	20-25	
Dosa	50-60	
Palak paneer	45-50	
Masala rice	30-40	
Aamras-Puri	30-40	









[illegible]

Dishes	Carbohydrates (g)	Proteins (g)	Fats (g)	Calories
Pasta	50	10	15	400
Manchurian	40	8	50	300
Lady-finger	30	20	1-2	200
Aamras poori	150	10-20	150	800
Poha	50	10	80	250
Dosa	60	6	10	500
Palak paneer	40	20	10	350
Masala rice				

