

Recently a prospective parent enquired about the vegetarian food at Sholai. This was our reply:  
Our menu for Breakfast is:

	<b>Monday</b>	Idlis with Chutney* & Sambar*. Oats Porridge.
	<b>Tuesday</b>	Dosai with Chutney & Sambar.
	<b>Wednesday</b>	Pongal, Uppuma, Chutney & Sambar.
	<b>Thursday</b>	Ragi Dosai, Or Kambu Dosai (Millets). Chutney & Sambar.
	<b>Friday</b>	Bread, Omelette, Homemade Peanut Butter, Banana.
	<b>Saturday</b>	Masala Puri, Or Plain Puri Or Chappatti with Chutney & Sambar.
	<b>Sunday</b>	Masala Dosai with Chutney & Sambar Or Appam with Chutney & Sambar.
Chutney Or Coconut Milk.		

\*The ingredients of the Chutneys and Sambar are intentionally varied from day to day. In as far as possible we serve fresh Organic food.

A typical Lunch menu generally includes: White rice and Brown Rice/Red Rice/Millet, Sambar/Curry, Dhal, two kinds of cooked vegetable dishes, Rasam, Salad (made from fresh ingredients harvested from the farm) and Curd. It may also include condiments such as Chutneys, Papads and fresh pickle.

At Dinner we usually serve a vegetarian curry (which may include Egg or Paneer with vegan options) and freshly made Rotis or Dosai or Idlis.

