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

	Monday	Idlis with Chutney* & Sambar*. Oats Porridge.
	Tuesday	Dosai with Chutney & Sambar.
	Wednesday	Pongal, Uppuma, Chutney & Sambar.
	Thursday	Ragi Dosai, Or Kambu Dosai (Millets). Chutney &
	Friday	Bread, Omelette, Homemade Peanut Butter, Bana
	Saturday	Masala Puri, Or Plain Puri Or Chappatti with Chan
	Sunday	Masala Dosai with Chutney & Sambar Or Appam v

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.