

# Introduction

Hi there,  
Are you looking for some help and support during pregnancy/postpartum?  
Do you need a break from cooking to sit and relax with family and baby?  
Would you like to have a change in taste yet a home cooked food?



Don't worry, I am here to help you with that and you can take time to rest well and nourish your new born.

I am a home-maker with a toddler and willing to help and support pregnant and newly delivered moms who couldn't bring parents from India.

- I hold California's Food Handlers Certificate.
- 100% guaranteed for freshly cooked food with less oil and mild spice.
- Each day there will be one Kuzhambu / Curry / Gravy and one vegetable as a side-dish.
- If the day has a rice item and curry with veggies, you can pick either of the combination.
- Sometimes you may expect little adjustments in the menu based on the availability of ingredients in home and in store. But, I try my best to follow the menu.
- If there's a sudden change in any item due to unavailability, you will receive an update.
- If you are concerned of any particular vegetables based on the doctors advice during postpartum, feel free to let me know; I am open to make changes in the menu.
- You can order only whenever you need food.
- Update me the previous day night before 8:00 p.m. to support me with pre preparation like shopping or chopping.
- Feel free to share your recipe if you like them to be made by me, and I am happy to try making whenever possible.
- Don't hesitate to share your feedback with me if you have any dislikes or dissatisfaction. I am open to learn and fix the difference.
- I would recommend you to share few of your own boxes / containers, so, you can reheat them anytime later and also, together we can avoid plastics.
- Pickup can be done at 11:30 a.m.
- Weekly payment through PayPal or Venmo is preferred. I will keep track of the orders and update you the total amount by the end of each week (Sunday evening or night)

# Menu



## Monthly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Mushroom biryani & Onion raita or Moong dhal sambar & Green peas	Coconut rice or Garlic curry & Chow chow	Paruppu Rasam & Carrot beans	Black eye kidney beans curry & Cabbage	Sambar & Potato
Week 2	Brinjal Garlic curry & Green peas	Dhal spinach & Cluster beans	Red kidney beans curry & Plantain	Vegetable biryani & Onion raita or Tomato potato curry & Lady's finger	Sambar & Carrot beans
Week 3	Black chana curry & Cabbage	Mushroom biryani & Onion raita or Paruppu Rasam & Bitter gourd	Lady's finger curry & Beetroot	Lemon Rice or Green peas curry & Cauliflower	Sambar & Tindora
Week 4	Paruppu Rasam & Cluster beans	Tomato rice & Onion raita or Brinjal Garlic curry & Plantain	Dhal spinach & Chow chow	Black eye kidney beans curry & Carrot beans	Sambar & Cauliflower
Week 5	Coconut rice or Moong dhal sambar & Lady's finger	Moor kuzhambu & Potato	Brinjal Garlic curry & Tindora	Dhal spinach & Carrot beans	Sambar & Cluster beans

## Price

Type of food	Quantity	Amount
Kuzhambu / Curry / Gravy	16 oz	6.99
Side-dish Vegetables	8 oz	4.99
Rice Item	32 oz	9.99
Boiled Eggs	4 count	2.00
Chicken Biryani	32 oz	12.99
Chicken Gravy	16 oz	8.99
Mutton Gravy	16 oz	8.99
Liver	8 oz	6.99
Ladoo	6 count	5.99

## Additional items upon request.

Boiled eggs
Egg Biryani
Egg Gravy
Chicken Gravy
Chicken Biryani
Liver
Mutton Gravy
Paneer Butter Masala
Chana Masala
Mushroom Gravy
Chana Salad
Sundal
Venpongal
Yogurt Rice
Splid Chana Dhal Ladoo