Project Food Habits

Discussion Guide - FGD

Introduction & Warm Up

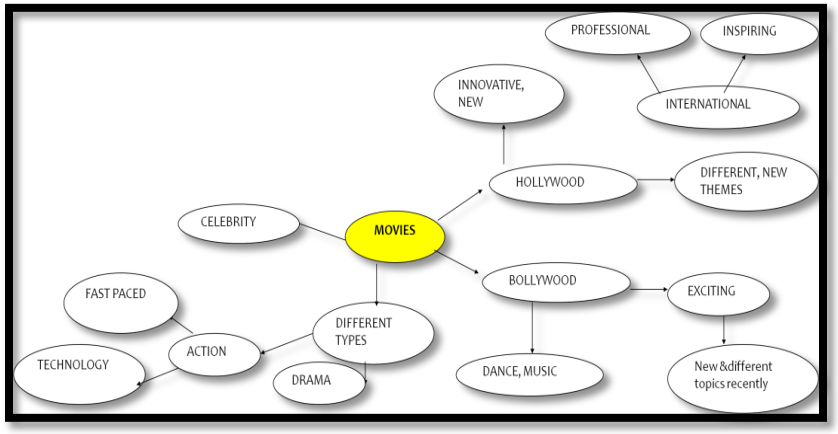
Thank you for coming here today to help us in our research. I am _____ from Aeon, a market research agency. We regularly meet people in order to try and understand their views and opinions on various products and services. This session will take approximately two hours. Your privacy will be protected and all information that you provide will be kept confidential. Your participation is voluntary. Do you agree to participate? (ASK INDIVIDUALLY, POST ALL RESPONDENTS AGREE, SAY) Now we will proceed with the interview. (verbal yes is needed)

I will be recording this session to prevent the loss of information have introduced myself, I would like you to tell me something about yourself, your family.

- Could you tell me a little bit about yourselves, please tell me your name, age
- Tell me what do you do? What are the things that you like to spend your time on?
- Who all are there in your family? What is their age? What do they do?

Section I: Mind mapping "Food"

Now, we will do something exciting. We have some associations with words and we are able to connect with that word in some way. Some images, pictures, emotions, feelings that come to our mind. I will explain it to you with the help of an example. For e.g. when I think of movies I think of…. (Moderator to draw a small mind-map to familiarize the respondent with activity)



- Similarly, When I say 'Food' what comes to your mind:
    - What are the feelings that come to mind? What kind of mood comes to mind?

- What are the images? What kinds of people? What kinds of occasions/situations? Anything else comes to mind?

Note: Moderator to make a map of spontaneous associations (7 – 8 responses) – ensure to include feelings that come to mind, moods associated, feelings, cooking, any activities. Ladder to rational and emotional aspects for each. Moderator to understand examples & experiences instead of reasons

Section II: Food choice habits

Now we would like to understand in detail, the <u>food patterns in your home.</u>

- Who does most of the cooking at home?

- Who decides the menu – do family members give suggestions / are asked about their preferences? For which meals is this more relevant and why?

- Let us talk about each meal occasion one by one. Tell me when all is food cooked at home? How many times in a day the food is cooked at your home? Is food cooked for more than one occasion at a time or is it cooked separately for each occasion?

- Let us list down all the occasions for which you cook or consume food in a normal day. **Moderator to list down all the occasions mentioned spontaneously and probe for below listed if any missed out. Moderator to also understand if any of the below listed occasions are considered one / can be merged e.g. tea time / evening snacks or early morning tea is same as breakfast based on the number occasions mentioned earlier.**
  - Early Morning (Bed tea / before breakfast)
  - Breakfast
  - In between snacks before lunch (Inclusive of children's tiffin)
  - Lunch (Inclusive of children's and other adult family member's tiffin)
  - In between snacking occasions (Late afternoon) (Inclusive of children's tiffin)
  - Tea time /Evening snacks
  - Dinner
  - Post dinner snacks / titbits
  - While watching TV

- Ask for each occasion ask... Is food cooked every day for _____ (MENTION OCCASION) or is it not prepared on some days ... e.g. in my house at Mumbai / Delhi on Sundays we do not have breakfast at 8 am or lunch at 2 pm but have a heavy meal at about 11 am. **Moderator to understand whether food is cooked for all 30 days for that occasion or varies. If not cooked daily, ask…** When is food not cooked for _____ (MENTION OCCASION) in your house?

- **Moderator to ask for each occasion:** What is cooked for this occasion? ASK FOR COMPLETE MENU FOR EACH OCCASION: What is preferred at this point of time?
    - What makes them to select this as a menu? Why? Whose demand / choice?
    - Is it a routine? Are there any changes in this menu? **Moderator to list down all the dishes prepared for each occasion with the changes e.g. breakfast can be Bread on one day, Poha or another, Upma on another and may be Parathas for 2-3 days in a week and so on for other occasions.**

- **In case different type of dishes consumed on different days for same occasion ask for each dish and occasion:** How frequently _____ MENTION DISH would be prepared for _____ MENTION OCCASION at your home?

- Does the food prepared vary by season? Can you please tell me what all changes happen in food prepared on each occasion by season? **Moderator to list down changes mentioned spontaneously and probe for below listed if any missed out.**
    - Winter
    - Summer
    - Rainy season

- Do all in the family eat the same food or is different type of food made for different people for different occasions? IF YES ASK: Is different food cooked for all occasions or only some occasions? IF SOME OCCASIONS ONLY ASK: On what occasions is different food is cooked for them? For whom this different food is prepared? What is cooked for this member? **Moderator to understand if there is a slight variation or completely different food is prepared. Note down the differences mentioned spontaneously and probe for below listed if any missed out. (TYPE OF FOOD MENTIONED BELOW ARE TYPICAL ANSWERS EXPECTED BUT DO GET SOME EXAMPLES IF MENTIONED ANY. IF VERY DIFFERENT FROM REGULAR MEALS COVERED TILL NOW, MODERATOR TO GET DETAILED UNDERSTANDING)**
    - For Newborn (0 – 5 weeks) – fruit juice, etc. (**Moderator note: Only food, not milk**)
    - For Infant (5 weeks – 1 year) – less spicy / easy to eat, etc.
    - For toddler (1 – 3 years) – less spicy / easy to eat / finger foods, etc.
    - For pre-school children (3 – 5 years) less spicy, easy to chew, etc.
    - For young children (5 – 12 years) – colourful, different tastes, etc.
    - For teenagers – snacks, junk food, etc.
    - For elders – traditional food, etc.
    - For pregnant ladies – nutritious food, etc.
    - For lactating ladies – nutritious food, etc.
    - For patients – nutritious food, etc.
    - For diabetic member – no sugar, etc.
    - For member suffering from BP – less salty, etc.

- Similarly, I want to understand if there are any other such occasions when different type of food is cooked at home. Can you please tell me, what are other such occasions for which you cook different type of food rather than regular food some times? **Moderator to list down all the occasions mentioned spontaneously and probe for below listed if any missed out.**
    - When guests visiting
    - On holidays / Sundays
    - Festivals / Pooja / When fasting (e.g. Thursday, Saturday, Navratri, Month of Shravan, etc. when regular meal is not eaten i.e. not just skipping of meal but special food is cooked)

  Moderator prompt regular fasting if not mentioned spontaneously.

- **Moderator to ask for each occasion:** What is cooked for this occasion? ASK FOR COMPLETE MENU FOR EACH OCCASION: What is preferred at this point of time?
    - What makes them to select this as a menu? Why? Whose demand / choice?
    - Is it a routine? Are there any changes in this menu? What changes? When / Why?

- Are there any occasions when you ordered food at home or buy from outside and eat at home? When would you / other family members get food from outside to eat at home? What are those occasions? **Moderator to list down all the occasions mentioned spontaneously and probe for below listed if any missed out.**
    - On holidays / Sundays
    - During celebrations at home e.g. anniversary, birthdays, etc. when no guests
    - On social get-togethers at home
    - When guests arrive
    - On religious functions e.g. Festivals, Pooja, etc.

- **Moderator to ask for each occasion …** What type of food is consumed at this point of time? ASK FOR COMPLETE MENU FOR THE OCCASION. Who decides on this occasions for the menu? IF A FAMILY MEMBER DECIDES, ASK … What is preferred at this point of time? What makes them to select this as a menu? Why? Whose demand / choice?
    - Is it a routine? Are there any changes in this menu? What changes? When / Why?

- And are there any occasions when you eat out of home? When do you / other family members eat out of home? What are those occasions ... who all from the family eats out for this occasion? Where do they eat on such occasions? **Moderator to list down all the occasions mentioned spontaneously and probe for below listed if any missed out.**
    - When visiting friends / relatives
    - On holidays / Sundays
    - On social functions e.g. wedding, birthdays, etc.
    - On religious functions e.g. katha, langar, etc.
    - Festivals, Month of Ramazan, etc.

- **Moderator to ask for each occasion …** What type of food is consumed at this point of time? ASK FOR COMPLETE MENU FOR THE OCCASION. Who decides on this occasions for the menu? IF A FAMILY MEMBER DECIDES, ASK … What is preferred at this point of time? What makes them to select this as a menu? Why? Whose demand / choice?
    - Is it a routine? Are there any changes in this menu? What changes? When / Why?

  MODERATOR TO REFER TO THE APPENDIX AND CHECK IF ALL THE DISHES SPECIFIED UNDER VARIOUS OCCASIONS ARE COVERED OR NOT, IF NOT PLEASE ASK IF THOSE DISHES ARE CONSUMED DURING THE OCCASIONS SPECIFIED AND FINALLY ASK

- At the end of this section, can you tell me, which are the five most frequently consumed dishes for early morning snacks, breakfast, late morning snacks, lunch, afternoon / evening snacks, dinner and on special occasions at your home? **MODERATE NOTE THAT THE NUMBER OF DISHES MAY BE MORE THAN 5 FOR EACH OCCASION AS EACH RESPONDENT MAY MENTION A DIFFERENT DISH IN TOP 5 BUT IF POSSIBLE, TRY TO GET TOP 5 FOR THE GROUP AS A WHOLE FOR EACH OF THE OCCASIONS I.E. EARLY MORNING SNACKS, BREAKFAST, LUNCH, AFTERNOON / EVENING SNACKS, DINNER AND SPECIAL OCCASIONS**

Section III: Attitude towards food purchase and food access

That was interesting. Now, we will talk about your shopping habits for food products.

- Who buys groceries (dry goods) in your house?
- Who buys fresh produce (fruits / vegetables / dairy products / non-veg) in your house?
- Who decides what is to be bought?

- Where do you generally buy groceries from for your house? Where do you buy fresh produce? Do you buy groceries and fresh produce from the same store type? Probe
    - Ration shop / Government fair price store
    - Kirana / grocery store
    - Super market
    - Hyper market
    - Wholesale market
    - Haat / Weekly market / stalls nearby
        - Why do you buy from this shop?
        - What is different in this place?
        - Do you always buy from the same store / place or does it vary? Why?

- Nowadays we hear a lot of online shopping…Do you buy any groceries online?

    - What do you buy online? Why? Why not?
        - Which sites do you use?

- How do you buy the groceries? How do you buy fresh produce? (As and when required / after fixed interval, probe if the same for groceries and fresh produce)
- How frequently do you buy the groceries? How frequently do you buy fresh produce? (Daily / Weekly / Fortnightly / Monthly / Yearly / Varies; probe if the same for groceries and fresh produce)
    - What all items are bought daily? Where do you buy these items from?
    - What all items are bought weekly? Where do you buy these items from?
    - What all items are bought fortnightly or monthly? Where do you buy these items from?
    - What all items are bought yearly? Where do you buy these items from?

- What would you look for / keep in mind when you are buying any food items? **Moderator to allow spontaneously and probe for below listed if any missed out.**
    - Quality of food / grains (How do you know it is good quality?) Probe
        - Looks clean / hygienic
        - From a reputed brand
        - Good packaging
        - Attractive packaging
        - Premium / High priced
        - Previous experience
        - Origin of the grain / main ingredients (e.g. Sehori / MP Wheat, Punjabi Chhole, Ratnagiri Alphonso, California Almonds, etc.)
    - Nutrition value (How do you know the nutritional value of a particular food item?) Probe
        - Mentioned on the pack
        - Mentioned by doctor
        - Searched / Read online
    - Good for health (How do you know that the particular food items is good for health?)
        - Used traditionally in the family for health benefits
        - Recommended by doctor
        - Advertisement mentions health benefits
        - Organic
        - No preservatives
    - Easy availability
        - Available near my house
        - Available throughout the year
        - Order on phone
        - Order online
        - Home delivery
    - Price
        - Discount

        - Reasonably priced
        - Value for money
        - Premium
    - Advertisement
        - TV advertisements
        - Print advertisement
        - Display at store
    - Promotions
        - Live demo of the cooked food
        - Promotional offer / discount
        - Salesperson from the company explaining about the product
    - Convenient
        - Easy to cook
        - Cooks quickly
        - Readymade / processed / semi-prepared / ready to cook
        - Saves time
    - Aroma
        - At point of purchase

- Have you or anyone in your family ever faced any challenges in purchasing food items due to financial problems? What were the problems? **Moderator to allow spontaneously and probe for below listed if any missed out.**
    - No food in the house
    - Not enough food in the house
    - Did not get sufficient quantity to eat during a meal
    - Hungry but did not eat
    - Skipped a meal
    - Did not eat for an entire day
    - Not able to buy healthy food
    - Not able to buy nutritional food
    - Bought only limited food items
        - FOR EACH PROBLEM FACED, ASK: How frequently did you face this problem in last one year?

SECTION IV: Importance of food quality attributes and association towards specific dishes

Great! Now, let's talk about the prepared food / dishes you eat on different occasions

- What are the important attributes important in food while eating? **Moderator to allow spontaneously and probe for below listed if any missed out.**
    - Quality (How do you know it is good quality?) Probe

        - Clean / hygienic
        - Looks tempting
        - Good aroma from the dish
        - No problems post eating
        - Easy to digest
    - Nutrition value (What all nutrients are required?) Probe
        - Contains minerals (iron, calcium, etc.)
        - Contains vitamins
        - Contains protein
        - Gives energy
    - Good for health (How do you know that the particular dish is good for health?)
        - Eaten traditionally in the family for health benefits
        - Roasted / baked
        - Boiled / cooked
        - Not fried
    - Satiating / stomach filling
    - Taste
        - Not spicy
        - Spicy
        - Sweet
        - Chatpata / Tangy
    - Aroma
        - While cooking
        - At the time of eating
    - Texture
        - Soft to eat
        - Crisp
        - Easy to chew

Section V: General attitude and lifestyle

That was interesting. Now we want to understand about the general attitude towards health and nutrition in your family.

- How would you describe the eating habits of all members in your family generally speaking? Probe
    - Conscious about eating healthy food
    - Diet when put on weight else not very conscious
    - Taste more important than nutritional value

- Overall, in terms of cooking and eating habits in your family, are there any changes that are made in the recent past? How would your family's current consumption compare with that 5-6 years back? **Moderator to allow spontaneously and probe for below listed if any missed out.**

- Have to ensure family members remain fit / healthy so changed many things
- More healthy food bought / prepared at home e.g. green vegetables, fruits, fiber, etc.
- Added new ingredients e.g. olive oil, oats, etc.
- Do not cook / reduced cooking fried food / junk food
- Replaced maida with whole wheat flour or whole milk with low fat milk or cow's milk

- And, at the end of discussing, talking very specifically about you, would you say you have made changes in your lifestyle to remain fit? **Moderator to allow spontaneously and probe for below listed if any missed out.**
  - I exercise regularly to stay fit
  - I go on diet whenever I feel I have put on weight
  - I avoid eating ghee / butter / cheese / fattening ingredients
  - I avoid eating fried food / junk food even if prepared at home

APPENDIX

UPDATED LIST OF DISHES (AS OF AUGUST 24, 2017)

ODISHA

BREAKFAST

1. BARA/VADA
2. BREAD-GOLA/GHOLA ROTI/ROTTI/CHAPATI/CHAPATTI/CHAPPATI/CHAPATHI/CHAPPATHI
3. BREAD-LUCHI/LOOCHI/LUSI/PURI/POORI/BHATORA
4. BREAD-PARATHA/PAROTHA/PAROTTA
5. BREAD-SANDWICH (VEG)
6. CHAKTA-CHUDA/POHA/CHIDWA/FLATTENED/FLAKED RICE
7. CHAKTA-MOORI/MURI/MUDHI/MADHI/PUFFED RICE
8. CHAKULI/CHAKLI
9. CHATUA
10. CORN FLAKES
11. EGG-OMELET
12. GUGUNI-CHOLE/CHANA MASALA
13. HALWA/HALVA-SOOJI/SUJI/RAVA/SEMOLINA/JOOJI
14. IDLI
15. RAGGI/RAGI/FIGNER MILLET PORRIDGE
16. RICE-PAKHALA/WATER RICE
17. SABJI
18. SAMBAR/SAMBHAR
19. SANTULA
20. UPMA-CHUDA/POHA/CHIDWA/FLATTENED/FLAKED RICE
21. UPMA-DALIA/BROKEN WHEAT
22. UPMA-SOOJI/SUJI/RAVA/SEMOLINA/JOOJI

AM SNACKS

1. BREAD-BISCUITS
2. FRUITS
3. MOORI/MURI/MUDHI/MADHI/PUFFED RICE
4. NUT-GROUND NUT (ROASTED)
5. VEGETABLES-SEASONAL (FRIED)

LUNCH

1. BREAD-GOLA/GHOLA ROTI/ROTTI/CHAPATI/CHAPATTI/CHAPPATI/CHAPATHI/CHAPPATHI
2. CURRY-BUTA ALOO/CHOLE
3. CURRY-EGG
4. CURRY-MACHER/MACHHER/MACHHA/FISH JHOL/JHOLA
5. CURRY-MANGSHEER/MANSHOR/MANGSHO/MUTTON JHOL
6. CURRY-MURGIR/CHICKEN JHOL
7. CURRY-PANEER
8. CURRY-PRAWN/MALAIKARI/MALAI
9. DAL/DHAL/DAAL/DAIL
10. DALMA/DOLMA

11 KHATA/KHATTA
12 KHICHURI/KHICHDI/KHICHRI/KISURI
13 PAPAD/PAPAR/PAMPAD/PAPADUM
14 RAITA/PACHADI/SOUR CURD
15 RICE
16 RICE-PAKHALA/WATER RICE
17 SAAG/SAGA/DRUMSTICK LEAVES (FRIED)
18 VEGETABLES-ALOO/POTATO (MASHED)
19 VEGETABLES-MIXED
20 VEGETABLES-SEASONAL (FRIED)

PM SNACKS

1 BARA/VADA
2 BOILED CORN
3 BREAD-BISCUITS
4 CHAAT/CHAT
5 CURRY-MATAR/MOTOR/DRIED PEAS
6 DAHI VADA& ALOO DUM
7 DOSA/DHOSA MASALA
8 GUP CHUP/PANIPURI/PUCHKA
9 KHEER/KHEERI-SEMEI/SEVIYA/SEMIYA/VERMICELLI
10 MOORI/MURI/MUDHI/MADHI/PUFFED RICE+MILK
11 MOORI/MURI/MUDHI/MADHI/PUFFED RICE-MASALA
12 NOODLES
13 PAKORA/PAKODA-BREAD
14 PAKORA/PAKODA-VEGETABLE
15 RICE-CHUDA/POHA/CHIDWA/FLATTENED/FLAKED RICE (FRIED/ROASTED)
16 RICE-PAKHALA/WATER RICE
17 SAMOSA/SAMSA/SOMSA/SOMOSA/SOMUCHA/SAMOOSA/SAMBUSA
18 SANTULA-CHUDA/POHA/CHIDWA/FLATTENED/FLAKED RICE
19 UPMA-SOOJI/SUJI/RAVA/SEMOLINA/JOOJI
20 UTTAPAM/OOTHAPAM/UTHAPPA-CHAKULI

DINNER

1 BREAD-GOLA/GHOLA ROTI/ROTTI/CHAPATI/CHAPATTI/CHAPPATI/CHAPATHI/CHAPPATHI
2 BREAD-PARATHA/PAROTHA/PAROTTA
3 CHAKULI/CHAKLI
4 CHUTNEY
5 CURRY-EGG
6 CURRY-MACHER/MACHHER/MACHHA/FISH JHOL/JHOLA
7 CURRY-MATAR/MOTOR/DRIED PEAS
8 CURRY-MURGIR/CHICKEN JHOL
9 CURRY-PANEER
10 CURRY-RAJMA/RAZMA/KIDNEY BEAN
11 DALMA/DOLMA
12 KHEER/KHEERI-SEMEI/SEVIYA/SEMIYA/VERMICELLI
13 RAGGI/RAGI/FIGNER MILLET PORRIDGE

14 RICE
15 RICE-PAKHALA/WATER RICE
16 RICE-PITHA/PITA/PANCAKE
17 SALAD
18 SWEETS
19 VEGETABLES-MIXED (SANJULA)

SPECIAL OCCASION

1 BIRYANI/BIRIYANI-CHICKEN
2 BREAD-LUCHI/LOOCHI/LUSI/PURI/POORI/BHATORA
3 BREAD-PARATHA/PAROTHA/PAROTTA
4 CHENNA PAYAS
5 CHILI MUSHROOM
6 CHOLE BHATURE/ BHATURA CHANA/POOCRI CHOLA
7 CURRY-CRAB
8 CURRY-MANGSHEER/MANSHOR/MANGSHO/MUTTON JHOL
9 CURRY-MURGIR/CHICKEN JHOL
10 CURRY-MUSHROOM
11 CURRY-PALAK PANEER
12 CURRY-PANEER
13 CURRY-PRAWN/MALAIKARI/MALAI
14 CURRY-RAJMA/RAZMA/KIDNEY BEAN
15 KHEER/KHEERI
16 KHEER/KHEERI-SOOJI/SUJI/RAVA/SEMOLINA/JOOJI
17 KHICHURI/KHICHDI/KHICHRI/KISURI
18 RASGOLA/RASGULLA/ROSOGOLLA/RASAGOLA/ROSHOGOLLA
19 RICE (FRIED)
20 SALAD
21 VEGETABLES-MIXED

WB

BREAKFAST

1 BODA
2 BREAD
3 BREAD-BISCUITS
4 BREAD-CAKE
5 BREAD-GOLA/GHOLA ROTI/ROTTI/CHAPATI/CHAPATTI/CHAPPATI/CHAPATHI/CHAPPATHI
BREAD-GOLA/GHOLA
6 ROTI/ROTTI/CHAPATI/CHAPATTI/CHAPPATI/CHAPATHI/CHAPPATHI+MILK
7 BREAD-LUCHI/LOOCHI/LUSI/PURI/POORI/BHATORA
8 BREAD-PARATHA/PAROTHA/PAROTTA
9 CHATTU
10 CORN FLAKES
11 CURRY-VEGETABLE (SEASONAL)
12 EGG

13 FRUITS
14 GHUGNI/GHOOGNI
15 IDLI
16 JHILABI/JILABI/JALEBI
17 MOORI/MURI/MUDHI/MADHI/PUFFED RICE+MILK
18 MOORI/MURI/MUDHI/MADHI/PUFFED RICE+WATER
19 NOODLE-THUKPA
20 RICE-CHUDA/POHA/CHIDWA/FLATTENED/FLAKED RICE
21 RICE-PANTHA BHATH/POITABHAT/ PANTA BHAAT
22 SOOJI/SUJI/RAVA/SEMOLINA

AM SNACKS

1 BREAD-CAKE
2 CHENNE/COTTAGE CHEESE
3 CURD
4 MOORI/MURI/MUDHI/MADHI/PUFFED RICE-MASALA
5 VEGETABLES-SPROUTS

LUNCH

1 ALOO POSTO
2 BREAD-GOLA/GHOLA ROTI/ROTTI/CHAPATI/CHAPATTI/CHAPPATI/CHAPATHI/CHAPPATHI
3 CURRY-BARI
4 CURRY-EGG
5 CURRY-GERI GUGLI/GERI GOOGLY(CLAM&SNAIL)
6 CURRY-MACHER/MACHHER/MACHHA/FISH JHOL/JHOLA
7 CURRY-MANGSHEER/MANSHOR/MANGSHO/MUTTON JHOL
8 CURRY-MURGIR/CHICKEN JHOL
9 CURRY-SOYA BEAN
10 DAL-FISH HEAD
11 FISH HEAD VEG
12 KHICHURI/KHICHDI/KHICHRI/KISURI
13 PULSE/DHOKA (FRIED)
14 RICE
15 SAAG/SAGA/DRUMSTICK LEAVES
16 SUKUTI/JERKY/DRY MEAT
17 VEGETABLES-ALOO/POTATO (MASHED)
18 VEGETABLES-BAMBOO SHOOT
19 VEGETABLES-MIXED
20 VEGETABLES-SEASONAL (FRIED)

PM SNACKS

1 ALOO CHOP/POTATO CROQUETTE
2 ALOO TIKIA/ ALOO TIKKI
3 BREAD-ALOO PARATHA/PAROTHA/PAROTTA
4 BREAD-FRENCH TOAST
5 BREAD-SANDWICH (NONVEG)
6 EGG-ROLL
7 GHUGNI/GHOOGNI

8 GUP CHUP/PANIPURI/PUCHKA
9 HALWA/HALVA-SOOJI/SUJI/RAVA/SEMOLINA/JOOJI
10 MACHER/MACHHER/MACHHA/FISH CHOP
11 MOMO-CHOLE/CHANA MASALA
12 MOORI/MURI/MUDHI/MADHI/PUFFED RICE-MASALA
13 NOODLES-PROCESSED (MAGGI)
14 NOODLES-VEG CHOW MEIN/VEG HAKKA
15 NUT-PEANUT (ROASTED)
16 PAPAD/PAPAR/PAMPAD/PAPADUM-RICE
17 PULAU/PULAO/POLAO/PALLAO/PULAV-CHUDA/POHA/CHIDWA/FLATTENED/FLAKED RICE
18 SANDESH/HANDESH
19 UTTAPAM/OOTHAPAM/UTHAPPA

DINNER

1 ALOO SABJI
2 BREAD-GOLA/GHOLA ROTI/ROTTI/CHAPATI/CHAPATTI/CHAPPATI/CHAPATHI/CHAPPATHI
3 BREAD-LUCHI/LOOCHI/LUSI/PURI/POORI/BHATORA
4 CHUTNEY
5 CURRY-EGG
6 CURRY-MACHER/MACHHER/MACHHA/FISH JHOL/JHOLA
7 CURRY-MANGSHEER/MANSHOR/MANGSHO/MUTTON JHOL
8 CURRY-MURGIR/CHICKEN JHOL
9 CURRY-PANEER
10 CURRY-SOYA BEAN
11 CURRY-VEGETABLE (SEASONAL)
12 DAL/DHAL/DAAL/DAIL
13 DAL/DHAL/DAAL/DAIL+VEGETABLES
14 KHICHURI/KHICHDI/KHICHRI/KISURI
15 PAYESH/PAYASA
16 PULAU/PULAO/POLAO/PALLAO/PULAV
17 RAITA/PACHADI/SOUR CURD
18 RASGOLA/RASGULLA/ROSOGOLLA/RASAGOLA/ROSHOGOLLA
19 RICE
20 VEGETABLES-BHAJI/EGGPLANT (FRIED)

SPECIAL OCCASION

1 BIRYANI/BIRIYANI-MUTTON
2 BREAD-LUCHI/LOOCHI/LUSI/PURI/POORI/BHATORA
3 BREAD-NUN/NAAN/NAN
4 CURRY-PRAWN/MALAIKARI/MALAI
5 DALMA/DOLMA
6 FISH (FRIED)
7 HILSA BHAPPA/BHAPA ILISH
8 ICE CREAM
9 KASA/KASHA/KOSHA/KASSA-CHICKEN
10 KASA/KASHA/KOSHA/KASSA-MUTTON
11 KHICHURI/KHICHDI/KHICHRI/KISURI

12 KOFTA-RACHROLA
13 PANEER-MATAR/MOTOR/DRIED PEAS
14 PAYESH/PAYASA
15 PULAU/PULAO/POLAO/PALLAO/PULAV
16 PULSE/DHOKA (FRIED)
17 SALAD
18 SANDESH/HANDESH
19 VEGETABLES-SEASONAL (FRIED)