

Hindu Temple lunch ingredients

	Dish	Ingredients
1	Basmati Rice-Steamed	Basmati rice, salt
2	Curry: Peas, tomatoes and fried "paneer"	Peas, tomatoes, paneer, cream, spices
3	Bread (Chapattis or Puris)	Wheat flour, sunflower oil, salt
4	Indian Crackers	Wheat flour, rice flour, sunflower oil
5	Chips	Potatoes, sunflower oil, salt
6	Apple Juice—no additives	From concentrate