

<b>Canteen</b>	<b>Techno Edge</b>
<b>Stall Number</b>	<b>5</b>
<b>Food Type</b>	<b>Indian Cooked Food</b>
<b>Operator</b>	<b>Saravanan</b>

No.	Ingredients	Energy (Kcal)	Protein (g)	Total Fat (g)	Carbohydrate (g)	Sugar (g)
<b>Dish 1</b>	<b>Plain Prata</b>	262	7.1	9.9	33.5	3.1
<b>Food Allergens</b>	Cereals containing gluten					
	Peanuts, soybeans and their products					
	Milk and milk products					
<b>Dish 2</b>	<b>Egg Prata</b>	345	14.0	15.9	34.0	3.6
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Milk and milk products					
<b>Dish 3</b>	<b>Cheese Prata</b>	313	8.2	14.1	36.0	3.2
<b>Food Allergens</b>	Cereals containing gluten					
	Peanuts, soybeans and their products					
	Milk and milk products					
<b>Dish 4</b>	<b>Egg &amp; Onion Prata</b>	352	14.4	15.9	35.0	4.6
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Milk and milk products					
<b>Dish 5</b>	<b>Combo Prata</b>	402	15.4	20.0	37.4	4.7
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Milk and milk products					
<b>Dish 6</b>	<b>Plain Thosai</b>	335	9.9	12.3	43.6	4.1
<b>Food Allergens</b>						
<b>Dish 7</b>	<b>Egg Thosai</b>	418	16.8	18.2	44.1	4.6
<b>Food Allergens</b>	Eggs and egg products					
<b>Dish 8</b>	<b>Cheese Thosai</b>	386	10.9	16.4	46.1	4.2
<b>Food Allergens</b>	Milk and milk products					
<b>Dish 9</b>	<b>Egg &amp; Onion Thosai</b>	424	17.2	18.2	45.1	5.5
<b>Food Allergens</b>	Eggs and egg products					
<b>Dish 10</b>	<b>Combo Thosai</b>	475	18.2	22.4	47.5	5.6
<b>Food Allergens</b>	Eggs and egg products					
	Milk and milk products					
<b>Dish 11</b>	<b>Masala Thosai</b>	388	11.1	14.3	50.4	5.2
<b>Food Allergens</b>						
<b>Dish 12</b>	<b>Onion Vegetable Utappam</b>	546	10.6	34.3	45.7	6.1
<b>Food Allergens</b>						
<b>Dish 13</b>	<b>Briyani Rice</b>	268	5.3	2.6	55.9	1.7
<b>Food Allergens</b>	Milk and milk products					
<b>Dish 14</b>	<b>Tomato Rice</b>	262	5.3	2.5	54.6	1.8
<b>Food Allergens</b>	Milk and milk products					
<b>Dish 15</b>	<b>Nasi Goreng</b>	627	21.1	15.2	100.9	12.7
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 16</b>	<b>Mee Goreng</b>	545	18.5	24.8	61.1	13.6
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 17</b>	<b>Fried Chicken Drumstick</b>	397	20.6	29.5	12.1	1.7
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					

<b>Dish 18</b>	<b>Curry Chicken Drumstick</b>	186	18.9	10.9	2.2	0.8
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 19</b>	<b>Boneless Butter Chicken</b>	131	20.5	3.9	3.0	2.4
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 20</b>	<b>Boneless Ginger Chicken</b>	131	21.1	3.6	2.8	2.3
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 21</b>	<b>Black Pepper Chicken</b>	141	22.2	3.8	3.6	2.4
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 22</b>	<b>Chilli Chicken</b>	324	22.0	25.7	1.2	1.0
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 23</b>	<b>Mutton</b>	191	19.5	12.1	1.3	0.4
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 24</b>	<b>Dory Fish</b>	105	19.1	2.2	1.9	1.1
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 25</b>	<b>Fried Fish Pieces</b>	138	9.7	8.8	4.8	0.6
<b>Food Allergens</b>	Fish and fish products					
<b>Dish 26</b>	<b>Fried Dory Steak</b>	165	12.9	11.5	2.2	0.4
<b>Food Allergens</b>	Fish and fish products					
<b>Dish 27</b>	<b>Prawn</b>	110	16.6	3.5	2.6	2.2
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 28</b>	<b>Sotong</b>	104	11.4	3.8	4.4	3.9
<b>Food Allergens</b>						

<b>Dish 29</b>	<b>Egg with Onion</b>	142	7.5	10.8	3.3	2.5
<b>Food Allergens</b>	Eggs and egg products					
<b>Dish 30</b>	<b>Tofu</b>	83	5.1	5.4	3.8	2.7
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 31</b>	<b>Chickpeas</b>	174	7.5	5.8	17.6	5.6
<b>Food Allergens</b>						
<b>Dish 32</b>	<b>Long Bean</b>	53	2.3	2.5	4.7	3.6
<b>Food Allergens</b>						
<b>Dish 33</b>	<b>Spinach</b>	125	6.2	8.1	6.4	2.2
<b>Food Allergens</b>	Milk and milk products					
<b>Dish 34</b>	<b>Broccoli &amp; Cauliflower</b>	83	3.8	4.7	6.5	3.9
<b>Food Allergens</b>	Cereals containing gluten					
	Eggs and egg products					
	Peanuts, soybeans and their products					
	Tree nuts and nut products					
	Crustacean and crustacean products					
	Fish and fish products					
	Milk and milk products					
<b>Dish 35</b>	<b>Bittergourd</b>	72	1.9	3.9	6.9	5.7
<b>Food Allergens</b>						
<b>Dish 36</b>	<b>Chicken Masala</b>	104	16.6	3.1	1.8	1.1
<b>Food Allergens</b>						

No.	Ingredients	Energy (Kcal)	Protein (g)	Total Fat (g)	Carbohydrate (g)	Sugar (g)
<b>Side 1</b>	<b>Yoghurt</b>	138	7.7	7.4	10.1	9.9
<b>Food Allergens</b>	Milk and milk products					
<b>Side 2</b>	<b>Pappadum</b>	48	0.9	3.3	3.6	0.0
<b>Food Allergens</b>						
<b>Side 3</b>	<b>White Rice</b>	256	5.1	0.9	56.9	0.2
<b>Food Allergens</b>						
<b>Side 4</b>	<b>Brown Rice</b>	233	6.0	1.4	49.3	0.1
<b>Food Allergens</b>						