



**OFFICE OF THE CHIEF EXECUTIVE OFFICER
SHRI AMARNATHJI SHRINE BOARD**

FOOD MENU FOR YATRA-2013

S. No	Permitted Menu	Banned Menu
1	Cereals, Pulses, Green Vegetables, Potato, Saag, Nutrela (Soya Chunks), Besan Curry, Plain Dal, Green Salad, Fruits, boiled/ instant noodles, Chowmein, sprouts.	All Non Vegetable foods, Alcohol, Tobacco, Gutka, Pan Masala, Smoking, other intoxicants.
2	Plain Rice, Zeera Rice, Khichri and Nutrela Rice.	Heavy Pullav/ Fried Rice.
3	Roti/ Phulka, Dal Roti, Missi Roti, Makki ki Roti (un-fried), Tandoori Roti, Bread/ Kulcha/, Double Roti, Rusk, chocolate Biscuits, Roasted Channa and Jaggery., Sambar, Idli, Uttapam, Poha, Vegetable Sandwich without cream /butter/ cheese, Bread Jam, Kashmiri nan (girda), steam dumplings (vegetable momos).	Poori, Bathura, Piza, Burgar, Stuffed Parantha, Dosa and Fried roti, Bread butter, cream based foods, butter based foods, Pickle, Chutney & fried papad, all other fried/fast food.
4	Herbal Tea, Coffee, Curd, Sharbat, Lassi, Lemon Squash/ Water, Low fat milk, Fruits Juice, Vegetable Soup, Tomato Soup, Mineral water.	Cold drinks & Kharrah.
5	Kheer (Rice/ Sabudana), White Oat (Daliya), Figs, Raisins, Apricots, Other Dry fruits (only roasted / raw), Low fat milk sawain, Honey, Boiled sweets (candy), Roasted Papad, Khakra, Til Ka Ladoo, Dhokla, Chikki (Guchak), Reweri.	Halwa, Jalebi, Gulab Jamun, Laddu Khoya Burfi, Rasgulla and all other Halwai items, Crunchy Snacks (high in fat & salts) Chips/ Kurkure, Matthi, Namkeen Mixture, Pokara, Samosa, Fried dry fruits and all other deep fried items.

Note:- To prevent dehydration, plain water should be served in large quantities to the Yatris