

# Millet Menu for JHS Hebbal

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17<sup>th</sup> June, 2023



# Live Demo



- **Beetroot Labneh (Demo)  
with Ragi Crackers**

*(An Arabic delicacy served as  
mezze)*

- **Barley & Corn Chat**

*(A healthy high fibre & protein  
salad tossed with Indian spice mix  
& array of chutneys)*

# LUNCH MENU

## Beverage

### Jowar Malt

*(A fibrous beverage made of floured buttermilk & jowar flour good for Gut health)*

## Salad

### Barley & Corn Chat

*(A healthy high fibre & protein salad tossed with Indian spice mix & array of chutneys)*

## Yummy Appetizer

### Makai Atta Nachos with Salsa

*(Homemade Nachos with an Indian fusion touch. Italian herb mix & blossom tomato salsa).*

## Mains

### Foxtail Millet Bissibelle Bhat

*(A complete South Indian meal made of Southern spice mix, lentils and Millets).*

### Urulai Chettinadu

*(Baby potatoes tossed in Chettinadu style).*

### Curd Red Rice

*(A traditional curd rice preparation made of little twist of Red Rice poha and Curd)*

## Healthy Sweets

### Ragi Mani

*(A healthy burfi made of little finger millet flour & jaggery)*