



# *Himalayan Peace and Wellness Centre*

## **Healthy Living Menu**

*Exclusive for our Wellness Packages*

### **1. Spinach Mushroom Soup and Russian Salad (veg)**

Thick creamy soup dotted with mushrooms; Diced vegetables and apple mixed with mayonnaise and garnished with a boiled egg.

### **2. Vegetable Cannelloni (veg)**

Pasta tubes filled with mushroom, spinach, and asparagus topped with melted cheese.

### **3. Palak Paneer (veg)**

Fresh spinach puree and paneer cheese cooked in a creamy curry sauce, served with naan bread.

### **4. Poisson Meuniere (non-veg)**

Pan fried fish served with steamed potatoes and butter vegetables.

### **5. Lasagne Verde al Forno ( non-veg)**

Minced meat layers in green pasta, topped with melted cheese.

### **6. Chicken Tandoori half (non-veg)**

Tastefully marinated chicken cooked in a clay oven, served with naan bread.

**Choose any one dish from the veg or non-veg selection.**

**All meals served with fruit salad dessert.**

