

The Community Table: Food Sharing Project Fresh Home-Cooked Meals & Good Company

Presented by: AMBLS FOUNDATION

Website: www.budhapekasahara.org



The Vision

The Concept: A neighborhood initiative inviting residents to share wholesome, home-cooked meals in a family environment.

Our Mission:

To provide fresh, healthy food options.

To build community connections among neighbors.

To support the social initiatives of AMBLS Foundation.

"More than just a meal, it's a gathering."

Meet Your Host

The Experience: Enjoy meals prepared by a dedicated home chef in your neighborhood.

Why Home-Cooked?

- Hygiene and cleanliness prioritized.
- Made with love, distinct from restaurant food.
- A chance to socialize and beat loneliness.





Meal Schedule (Daily)

1

Breakfast: 08:00 AM – 10:00 AM

Start your day with energy.

2

Lunch: 01:00 PM – 03:00 PM

A healthy break in your day.

3

Dinner: 07:00 PM – 09:00 PM

Relax and unwind with a warm meal.

How It Works (The Process)

01

Booking: Members are added based on food booking requests.

 **Calendar**

1 day prior

02

Menu Customization:

Menu is decided based on preferences submitted one day prior.

Ensures zero food waste and meals you actually want to eat.

 **Menu List**

Your preferences

03

Pricing:

Charges are transparent and based on current Market Price.

Fair pricing for high-quality ingredients.

 **Currency**

Market Price

Why Join Us?



Flexibility: Book only when you need it.



Health: Control over your diet with pre-planned menus.



Community: Meet your neighbors and share stories over dining.



Charity: Participation supports the Budhape Ka Sahara initiative.



About AMBLS Foundation

Our Focus: Dedicated to social welfare and support for the elderly ("Budhape Ka Sahara").

Website: www.budhapekasahara.org

Impact:

By sharing a meal here, you contribute to a larger cause of supporting the vulnerable in our society.

Join the Food Sharing Project Today!

Contact & Registration

How to Register:

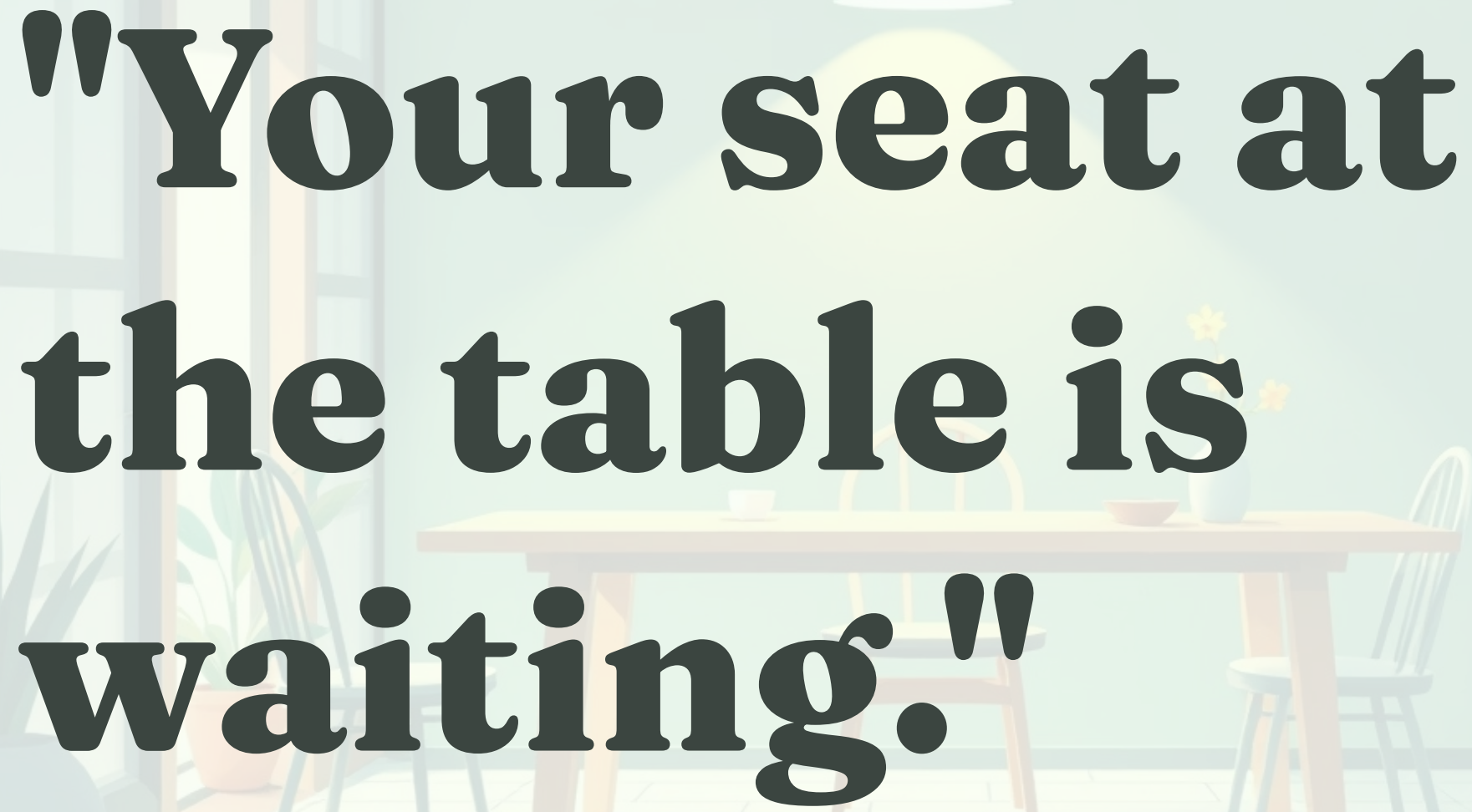
[+91 70 144 23 980 / [WhatsApp Group Link](#)]

Address:

[162, Gate no. 1, Satguru Colony,
Ajay Nagar, Ajmer, Rajasthan,
Bharat]

Website:

www.budhapekasahara.org

A bright, minimalist dining room with a wooden table, chairs, and potted plants. The scene is softly lit, with a pendant light hanging above the table. The text is overlaid on the image in a large, bold, black font.

**"Your seat at
the table is
waiting."**

Sample Weekly Menu: A Taste of Home

Explore the diverse and delicious home-cooked meals prepared fresh daily for our community members.

Day	Breakfast (8 AM - 10 AM)	Lunch (1 PM - 3 PM)	Dinner (7 PM - 9 PM)
Monday	Poha with Peanuts & Tea	Arhar Dal, Jeera Rice, Seasonal Sabzi, Roti	Aloo Gobi, Dal Fry, Roti, Salad
Tuesday	Stuffed Paratha (Aloo/Gobi) & Curd	Rajma Masala, Steamed Rice, Roti	Paneer Bhurji, Plain Paratha, Dal
Wednesday	Vegetable Upma & Chutney	Kadi Pakora, Rice, Dry Sabzi (Bhindi), Roti	Egg Curry or Kofta Curry, Rice, Roti
Thursday	Idli/Dosa with Sambar	Chole Masala, Rice, Bhatura/Roti	Mixed Vegetable, Dal Tadka, Roti
Friday	Besan Chilla (Veg Omelette) & Tea	Dal Makhani, Jeera Rice, Naan/Roti	Lauki/Tinda Sabzi (Light), Dal, Roti
Saturday	Puri Bhaji & Pickle	Khichdi with Ghee, Papad, Curd (Light Lunch)	Special Veg Biryani & Raita
Sunday	Brunch Special: Chole Bhature	Sunday Feast: Special Thali (Paneer/Chicken option)	Light Porridge (Daliya) or Soup & Toast

(Menu items are subject to seasonal availability and chef's discretion.)

Your Invitation: Share a Meal!

Hello Neighbors! 🙌 I am excited to announce a new Food Sharing Project right here in our neighborhood, supported by the AMBLS Foundation.

If you miss wholesome, home-cooked food or simply want good company while you eat, our kitchen is open to you!

Meal Timings:

- Breakfast: 08:00 AM - 10:00 AM
- Lunch: 01:00 PM - 03:00 PM
- Dinner: 07:00 PM - 09:00 PM

Why Join Us?

Your Choice:

Menu is decided based on your preferences, ensuring zero food waste.

Fair Price:

Charges are based strictly on current market prices for ingredients.

Great Cause:

Your participation supports the Budhape Ka Sahara initiative through AMBLS Foundation.

How to Join: To be added to our daily food booking group, simply reply to the original message or contact us directly. Let's share a meal and a smile!

Warm regards, The Community Table Host



Neighbor's Kitchen: Open for Breakfast, Lunch & Dinner

Dear Neighbors,

I am inviting you to join me for fresh home-cooked meals daily under the AMBLS Foundation Food Sharing Project.

Timings

8-10 AM | 1-3 PM | 7-9 PM

Menu

Customizable (tell me what you want 1 day before!)

Cost

As per market price (No hidden charges)

Join us for healthy food and community bonding. Visit www.budhapekasahara.org to know more about our mission.

Reply "YES" to get the daily menu updates!

Warm regards, The Community Table Host

Namaste Neighbors! 🙏

Ghar ka khana, apno ke saath.

I am starting a tiffin/dining service at my home under the AMBLS Foundation (**Budhape Ka Sahara**) project.

Agar aap healthy aur tasty home-cooked food miss kar rahe hain, toh please join me!

🕒 Slots:

- Breakfast: 8 am - 10 am
- Lunch: 1 pm - 3 pm
- Dinner: 7 pm - 9 pm

Khas Baatein:

Customizable Menu

Menu aapki pasand ka (1 day pehle batayein).

Fair Pricing

Charges market price ke hisaab se.

Pure & Delicious

Sudh aur swadisht khana.

Interested members please reply to be added to the booking group!

Regards, [Your Name]

www.budhapekasahara.org

