

Nutri-Plenty Chumhningdaan

A Thawbik Rawl

Nutri-Plenty bawm khat ah ti hrai 7 in hman ding

Tex-Mex Chumhningdaan

Nutri-plenty bawm khat ah ti hrai 6 hman ding, khayanchinti dip tein parmi dur khat (rete (lime) le thakbare (chiles) he cawh khaw si), khachuanraang dip, thakbare hring le zucchini he chuan ding.

Tuna (nga) le Rawl

Nutri-Plenty bawm khat, ti hrai 6, cawhnuk khal a engmi (cheddar cheese) dur khat, tuna nga dur khat

Arsa le Rawl

Nutri- Plenty bawm khat, ti hrai 6, arsa soup dur khat, arsa chumhmi hrai khat

Theihding dang tete

- Anhringso duur khat silole a khalmi anhringso peih chih khawh si
- Khayaanchinti dur khat in peih chih khawh si
- Ti hrai 10 in na chuan ahcun soup thaw taktak a chuak kho
- Thakbare silole a thakmi paohpaoh peih chih. Salsa zong a thakmi ah hman khawh si

