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# OUR MENU

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## JUICES / LIQUIDS

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LEMON WATER WITH HONEY

JAVA ( RAGI/OATS/JONNA)

COFFEE & TEA WITH BELLAM

VEGETABLE JUICES



## BREAKFAST

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IDLY - DAILY

DOSA (DIFFERENT TYPES)

UTTAPAM

RAVVA UPMA

PONGADALU

PESARATTU UPMA

WADA

POTTIKAL

PONGALI

MINAPATTU PANAKAM

BREAD & JAM

# LUNCH

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WHITE RICE / BROWN RICE

DAL (DIFFERENT TYPES)

VEGETABLE CHUTNEY

VEGETABLE CURRY

VEGETABLE FRY

RASAM (TOMATO/PACHI PULUSU/PEPPER ETC)

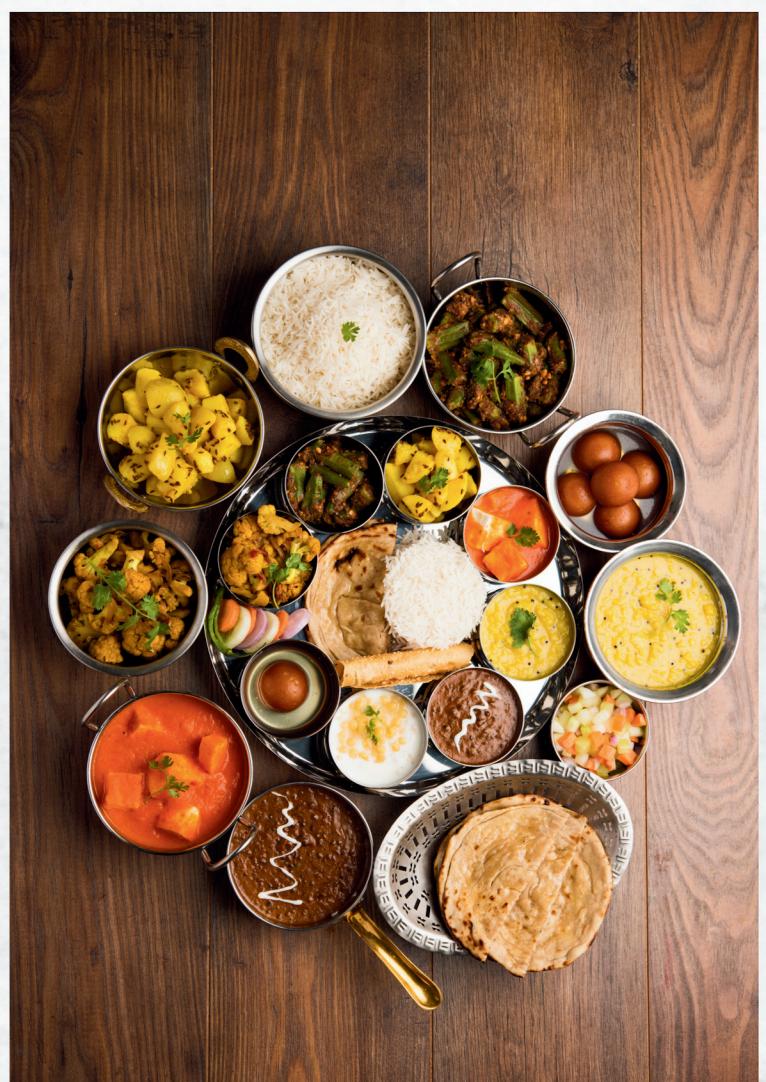
BUTTERMILK RASAM

VEGETABLE STEW (PULUSU)

PAPAD

CURD

NONVEG (WEEKLY ONCE)



# JUICES / LIQUIDS

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WHITE RICE / BROWN RICE

PULKA



# DINNER

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WHITE RICE / BROWN RICE

PULKA

VEGETABLE CHUTNEY

VEGETABLE CURRY

SAMBAR

PAPAD

CURD



SLEEP TIGHT WITH A GLASS OF MILK