

Yuktahaar Kendra Monsoon Menu w.e.f 01.09.2024

Meal	Items	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: 7:30 9:30am	Carb 1	Ragi Idly	Veg Poha	Chilla	Semia	Vegetable Idly	Veg Sewai Upma	
	Carb 2		Ragi Sankati	Rajgira	Veg Oats Upma		Rajgira	Dahi Poha
	Accompaniments	Groundnut/Tomato Chutney	Groundnut Chutney & Sambar	Mint Chutney	Hummus with Veggies	Sambar + Coconut / Tomato Chutney	Sambar - Coconut Chutney	Mint Chutney
	Mandatory Item	Daliya	Daliya	Daliya & Ragi Malt	Daliya	Daliya & Ragi Malt	Daliya	Daliya
	Protein 1	Sambar	Almonds	Almonds		Almonds	Almonds	Almonds
	Protein 2	Sprouts	Sprouts	Sprouts	Sprouts	Sprouts	Sprouts	Sprouts
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Drink	Badam milk	Milk	Milk	Badam Milk	Milk	Milk	Milk
Lunch: 12:30 - 2:30pm	Carb 1	Tamarind Rice/Lemon Rice	Brown Rice	Sama Rice (Little Millet)	Veg Pulao	Millet Rice	Kashmiri Pulao	Curd rice
	Carb 2	Live Roti	Live Jawari / Bajra Roti	Live Roti	Live Roti	Live Methi Roti	Live Roti	Live Roti
	Carb 3	Khichdi	Khichdi	Khichdi	Khichdi	Khichdi	Khichdi	Khichdi
	Carb 4	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Protein 1/Dal	Green Moong Dal	Sambhar	Tuver Dal	Chole	Rajma	Panchrang Dal	Tuver Dal
	Protein 2/Veg1		Masoor dal		Gongura Dal	Gatte ka Sabji/Kadhi		Pumpkin
	Veg2	Soyabean	Bottle Gourd	Masala Paneer			Carrot & Beans Poriyal	Aloo Matar
	Accompaniments	Salad + Ridge Gourd Chutney	Salad + Dosakaya Chutney	Green Salad	Salad + Chutney	Peanut Salad	Salad + Chutney + Papad	Salad + Chutney
	Dessert	Rice Kheer		Ragi Laddu	Semiya			Fruit Custard
	Drink		Butter Milk	Butter Milk		Butter Milk	Butter Milk	
Snacks: 5-6pm	Item	Steamed Corn	Sabudana Khichri	Peanut Chole Chat	Uttapam	Kala chana chat	Bhel Puri	Sweet Potato
Dinner: 7:30 - 9:30pm	Carb 1	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Carb 2	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti
	Carb 3	Jeera Rice	Tomato Rice	Brown Rice	Sabudana Khichdi	Mint Pulao	Tomato Rice	Corn, peas Pulao
	Carb 4	Dry Khichidi	Khichdi	Khichdi	Khichdi	Khichdi	Khichdi	Khichdi
	Protein 1/Dal	Lauki	Lobia	Masoor Dal	Pumpkin Dal	Green moong dal	Leafy dal	Dal makhni
	Protein 2/Veg1	Rajma				Mix Veg Panccr		Mutter Paneer
	Veg2		Baingan Bharta	Bhindi	Beetroot Poriyal		Thurai ka Sabji	
	Accompaniments	Salad + Coriender Chutney	Salad + Donda Chutney	Salad + Tomato Chutney	Salad + Pali Podi	Salad + Pudina Tomato Chutney	Salad + Chutney	Salad + Papad + Coconut Podi
	Drink	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Dessert					Flax Seed & Till Laddu	Gajar ka Halwa	

All the food items should mandatorily be less oily and spicy. Salad = Cucumber + Lemon + Tomato + Onion + Carrot/Beetroot. Milk will be served in the dinner for Monthly registered students.

Note: All efforts are made to follow the menu, still it is subject to change based on availability of vegetables and other raw materials in the market.