

Yuktahaar Kendra Monsoon Menu w.e.f 01.08.2024

Meal	Items	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: 7:30 9:30am	Carb 1	Ragi Idly	Veg Poha	Chilla	Whole Wheat Bread	Vegetable Idly	Veg Sewai Upma	Foxtail (Korralu) Millet Poha
	Carb 2		Ragi Sankati	Rajgira	Veg Oats Upma		Rajgira	Dahi Poha
	Accompaniments	Groundnut/Tomato Chutney	Groundnut Chutney	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	Sattu Drink	Sprouts	Sattu Drink	Sprouts	Sattu Drink	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)	Curd Rice	Millet Rice	Kashmiri Pulao	Veg Pulao
	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	Rajma	Masoor Dal	Panchrang Dal	Tuver Dal
	Protein 2/Veg1		Kala Chana		Kadhi	Gatte ka Sabji		Chole
	Veg2	Bhindi	Masala Gobi	Masala Paneer	Aloo Gobi Matar		Carrot & Beans Poriyal	
	Accompaniments	Salad + Ridge Gourd Chutney	Salad + Dosakaya Chutney	Green Salad	Salad + Chutney + Papad	Peanut + Chole Salad	Salad + Gongura Chutney	Salad + Cabbage 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
	Drink	Milk	Milk	Milk	Milk	Milk	Milk	Milk
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 Khichdi	Khichdi	Khichdi	Khichdi	Khichdi	Khichdi	Khichdi
	Protein 1/Dal		Lobia	Masoor Dal	Pumpkin Dal	Green moong dal	Mix dal	Dal makhni
	Protein 2/Veg1	Rajma		Soyabean / Beans Curry		Mix Veg Panccr		Mutter Paneer
	Veg2	Baingan Bharta	Cabbage Porial		Beetroot Porial		Thurai ka Sabji	
	Accompaniments	Salad + Coriender Chutney	Salad + Donda Chutney	Salad + Tomato Chutney	Salad + Palli Podi	Salad + Pudina Tomato Chutney	Salad + Chutney	Salad + Papad + Coconut Podi
	Drink	Butter Milk	Butter Milk	Butter Milk	Butter Milk	Butter Milk	Butter Milk	Butter 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.

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.