

## Yuktahaar Kendra Menu - Spring 2024 (w.e.f 16.01.2024)

MEAL	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	ITEM 1	Raagi Idly	Veg. Upma	Whole Wheat Breads	Semiya Upma	Vegetable Idly	Veg Poha	Foxtail (Korralu) Millet Poha
	ITEM 2	Raajgira + Badam Milk	Raagi + Butter Milk	Hummus+ Salad + Upma	Raagi+Butter Milk	Raajgira + Oats	Plain daliya	Chilla + Mint Chutney
	ACCOMPANIMENTS	Sambhar + Cocount chutney	Groundnut Chutney	Tomato Chutney	Putana Chutney	Sambhar + Tomato chutney/Coconut chutney	Coconut chutney	Sambar
	DAILY	Milk + Sprouts / Masala Sprouts + Almonds + Seasonal Fruits+ Daliya						
LUNCH	Special Rice	Tamarind Rice	Barnyard (Udalu) Millet Rice	Brown Rice	Veg Pulao	Brown Rice	Curd Rice	Foxtail (Korralu) Millet Pulao
	Roti	Live Methi Roti	Live Jawari Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Bhajra Roti
	Daal	Green whole Moongdal Tadka	Masoor Dal	Plain Dal	Gongura dal	Rajma	Tomato dal	Pumpkin Curry
	Vegetable	Mix Veg Paneer	Masala Gobi	Aloo Methi		Beetroot Poriyal	Beans & Carrot Poriyal	Black Chana Curry
	Extra		Sambar	Palak Paneer	Mah chhole	Dahi Kadhi	Masala Papad	Rasam
	Chutney	Ridge gourd chutney	Dosakai chutney		Chutney	Cabbage Chutney	Gongura Chutney	Tomato Chutney
	Sweet	Rawa Laddu		Semiya Payasam				Daliya Sweet / Fruit Custard
	DAILY	Rice + Buttermilk + Kichidi + Salad						
SNACKS		Steamed Corn and Badam Milk	Uttappam+Coriander Chutney	Masala Oats + Chutney	Ragi Dosa + Chutney	Seasoned Salad of boiled Chhole, Beans and Peanuts + Dhaniya Chutney	Sabudana kichdi + Curd	Sweet Potato / Peanut Chat + Lassi
DINNER	RICE	Tomato Rice	Jeera Rice	Mint Rice	Brown Rice	Ragi sangati	Masala Khicidi	Corn & Peas Pulao
	Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti
	Daal	Leafy Toor dal	Mix dal / Panchrang Dal [with and without onion]	Moong dal tadka	Daal Makhni	Lobiya	Black Urad Dal	Black Masoor Dal
	Vegetable	Baingan Bartha / Bhdndi	Cabbage Porial (Patta Gobi)	Lauki	Flat Beans / Gaur Phalli	Thurai	Dry mix veg	Mutter Paneer
	Extra	Rasam		Masala Papad	Sambar/ Gatte ka Sabji			
	Chutney	Coriander Chutney	Donda Chutney	Tomato Chutney	Palli Podi	Pudina + Tomato chutney	Chutney	Coconut podi
	Sweet		Raagi laddu		Flaxseed+Peanut Laddu		Gazar ka Halwa	
	DAILY	Rice + Buttermilk + Kichidi + Salad						
All the food items should mandatorily be less oily and spicy. Salad = Cucumber/Tomato + Carrot/Beetroot + Lemon + Onion								
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.								