

MENU

TIME	ITEMS
BREAKFAST	<ol style="list-style-type: none"> 1. Idly + Sambar+ white chutney 2. Vellappam (Chana Kadala curry/ Green piece Curry) 3. Puttu + kadala curry 4. Idiyappam + Veg Kuruma 5. Dosa (Thattudosa) + Sambar + red chutney 6. Idly (Chutney+ Chammanthi) 7. Uppumav (Pazham/ Cherupayar curry)
LUNCH	<ol style="list-style-type: none"> 1. Rice thook - Sambar/Dhal Curry/ Moru curry+ Fish Curry + Fish Fry (3days) + 3 side dish (Aviya/ Upperi/ Thoran/ Kitchadi/ Pachadi/ Mezhuk/ Theeyal/ Erissery / Achar) 2. Dum Biryani 1 day/week 3. Veg Day 1day/week (+ payasam)
DINNER	<ol style="list-style-type: none"> 1. Ghee Rice + Chicken Chilly/ Chicken perattu/ Chicken Kadai/ Kuruma 2. Vellappam + green peice curry 3. Chappathi + Egg Curry/Green piece 4. Fried Rice + Egg Chilly/ Soya roast 5. Porotta + Chicken Curry - (Serve chappathi instead) 6. Idiyappam + Stew / Kadala curry 7. Chappathi + Veg kuruma