

FOOD MENU			
Days	Break fast Timimg (08:00 AM - 09:30 AM)	Lunch (13:00 Hrs - 14:00 Hrs)	Dinner (20:00 Hrs - 21:30 Hrs)
Sunday	Pongal - (Vada / Bona) - Tea	Bagara Rice - Chicken - Paneer	Rice - Rasam - Chutney - Papad
Monday	Dosa - Chutney - Tea	Rice - Kara Kuzhambu - Chaas	Rice - Dal - Seasonal Vegetable Fry - Chapati
Tuesday	Semiya / Poha - Tea	Rice - Sambar - Papad	(Bagara Rice - Egg Curry / Egg-rice - Veg Rice)
Wednesday	(Poori - Kurma / Mysore Bonda - Chutney) - Tea	Rice - Dal - Chaas	Bagara Rice - Chicken & Mushroom
Thursday	Idli - Sambar - Tea	Rice - Kara Kuzhambu - Rasam	Rice - (Moong Dal / Rajma) - Chapati
Friday	Lemon Rice / Pulihora - Tea	Rice - Sambar - Papad	Rice - Dal - Vegetable fry - Chapati
Saturday	Dosa - Red Chutney - Tea	Rice - Dal - Seasonal Vegetable Fry	Vegetable Pulao - Raita - Sweet