

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>	Rava Dosa	Mixed veg paratha	Ravva Idli	Poori	Dal Vada (small 2 Big 1)	Uttapam	Idli
			Medu Vada(2)	Aloo Subji	Pongal	Mysore Bonda(small 2 big 1)	Vada small 2 big 1)
	Coconut Chutney		Groundnut Chutney	Chutney	Groundnut Chutney +Mint Chutney & Pickle	Coconut Chutney	Groundnut+ Coconut powder
	Boiled Egg	/ Banana 1	Boiled egg 1/		Boiled egg 1/	Banana 1	Boiled egg 1/
	Sambar	ketchup+ green chutney	Sambar	01/ Banana	Sambar	Boiled Egg- 01/Banana	Sambar
	Bread(4 Slices)	Bread (4 Slices)	Bread (4 Slices)	Bread (4 Slices)	Bread (4 Slices)	Bread (4 Slices)	Bread (4 Slices)
	Amul Butter	Amul Butter	Amul Butter	Amul Butter	Amul Butter	Amul Butter	Amul Butter
	Kissan Mixed Fruit Jam	Kissan Mixed Fruit Jam	Kissan Mixed Fruit Jam	Kissan Mixed Fruit Jam	Kissan Mixed Fruit Jam	Kissan Mixed Fruit Jam	Kissan Mixed Fruit Jam
	Tea /Coffee 1 Pouch	Tea /Coffee 1 pouch	Tea /Coffee 1 pouch	Tea /Coffee 1 pouch	Tea /Coffee 1 pouch	Tea /Coffee 1 pouch	Tea /Coffee 1 pouch
	Milk (200ml)	Milk(200ml)	Milk (200ml)	Milk (200ml)	Milk (200ml)	Milk (200ml)	Milk (200ml)
<b>LUNCH</b>	Roti	Bhatura	Roti	Pudina Coriander Leaf Chapathi	Methi Poori	Roti	Roti
	Tomato Dal	Channa sabji	Cholar dal	Dal Makhane	Rajma Dal	Palak Dal	Moong Dal
	<b>Chenna Masala</b>	Moong dall	Ridge guard Curry	Soya Chucks(meal maker) curry	Kaju Aloo Masala +	Beans & Carrot Curry	Brinjal&Aloo Mixed Curry
	Aloo Dum Curry	Beans Fry	Dry Cabbage Fry	Crispy Aloo Fry	Ivy Gourd Fry	Cabbage Fry	Bendi Fry With Peanuts
	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	Kadi(Majjiga Charu)	Rasam	Rasam	Rasam	Rasam	Rasam	Rasam
	Mango Pickle	Mixed Pickle	Gongura Chutney	Tomato Chutney	Amla Pickle	Mango Pickle	Lemon Pickle
	Homemade Curd(01 Cup)	Homemade Curd(01 Cup)	Homemade Curd(01 Cup)	Homemade Curd(01 Cup)	Homemade Curd(01 Cup)	Homemade Curd(01 Cup)	Homemade Curd(01 Cup)
	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
	Veg Salad	Veg Salad	Veg Salad	Veg Salad	Veg Salad & Lemon Juice	Veg Salad	Veg Salad
<b>SNACKS</b>	Chat with Corn flakes	Green peas chat	Samosa Small:2 or Big:1	Veg Stuffed Bread Pakoda	Punugulu With groundnut Chutney	Chenna Chat	Veg Noodles With Sauce
	Tea+coffee 1 pouch	Tea+coffee 1 pouch	Tea+coffee 1 pouch	Tea+coffee 1 pouch	Tea+coffee 1 pouch	Tea+coffee 1 pouch	Tea+coffee 1 pouch
	Milk (200ml)	Milk (200ml)	Milk (200ml)	Milk (200ml)	Milk (200ml)	Milk (200ml)	Milk(200ml)
<b>DINNER</b>	Hyderabad Veg Biryani& White Rice	Pure Lemon Rice/Tamari nd Rice & White Rice	Egg fried Rice & Paneer fried Rice	Veg Palav & White Rice	Kaju Paneer(Amul) Palav& White Rice	White Rice +mix veg fried Rice	Zeera Rice& White Rice
	Kaddai (Amul) Paneer (100grms) Chicken (Suguna) Curry (150 Grms)	Dum aloo curry	Mixed Veg Curry	Paneer Butter Masala/ Chicken Curry(150Gm )	Gutty vankaya Curry	Bhendi masala	Dal Tadka + Alu Curry
	Raita	Sambar	Sambar	Sambar	Sambar	Sambar	Sambar
	Malabar Parotta	Roti	Roti	Phulka	Roti	Roti	Roti