

FOOD MENU (30/12/2019 to 05/01/2020)

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk with Bournvita, Utappam, Idli, Ginger Chutney, Ghee	Milk with Bournvita, Idli, Puliogare, Coconut Pickle, Ghee	Milk with Bournvita, Gari, Chutney, Ghee	Milk with Bournvita, Idli, Upma, Ginger Chutney, Ghee	Milk with Bournvita, Idli, Chapathi with Potato Curry, Ghee	Milk with Bournvita, Idli, Dosa, Ginger Chutney, Ghee	Milk with Bournvita, Bread & Jam, Upma, Chutney, Sugar, Ghee
LUNCH	Rice, Dal-Leafy Vegetables, Cluster Beans Curry, Yello Cucumber Pickle, Rasam, Ghee, Curd	Rice, Dal-Tomato, Potato Curry, Pickle, Rasam, Ghee, Curd	Rice, Veg-Biryani, Hot Cutlet, Tindora Fry, Chicken Biryani, Chicken Soup, Rasam, Ghee, Curd	Rice, Dal-Yellow Cucumber, Bottle Gourd Curry, Gonguka Pickle, Rasam, Fryums (Vadiyalu), Ghee, Curd	Rice, Dal-Leafy Vegetables, Meal Maker Curry, Tindoora Pickle, Rasam, Ghee, Curd	Rice, Dal-Bottle Gourd, Cabbage Curry, Bottle Gourd Chutney, Rasam, Ghee, Curd	Rice, Chicken Curry, Vegetable Biryani, Bottle Gourd Fry, Rasam, Sweet (for vegetarians), Ghee, Curd
EVENING SNACK	Juice, Biscuit, Banana	Milk with Bournvita, Cornflakes, Guava	Milk with Bournvita, Biscuits	Milk with Bournvita, Samosa Chips, Papaya	Milk with Bournvita, Bun, Apple	Milk with Bournvita, Samosa, Banana	Biscuits
DINNER	Rice, Onion Soup, Egg, Bottle Gourd Fry, Sambar, Ghee, Curd	Rice, Tindora Fry, Sambar, Ghee, Curd	Rice, Tomato curry, Sambar, Ghee, Curd	Rice, Banana Curry, Sambar, Ghee, Curd	Rice, Onion Curry, Egg Fry, Cluster Beans Curry, Sambar, Ghee, Curd	Rice, Bottle Gourd Fry, Sambar, Ghee, Curd	Rice, Yellow Cucumber Tomato Curry, Sambar, Ghee, Curd

Note - Menu is subject to change depending on availability of fresh food items.