| | | | | WEEK-1 | | | |
|--------|--|--|---|---|--|---|---|
| MEAL | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| В | GOBI PARATHA | RAVA IDLI +VADA(2 NO. & 75 gms each) | LACHA PARATHA | ONION DOSA | POORI | PONGAL & SEMIYA UPMA | MASALA DOSA |
| R | CHANNA MASALA | GROUNDNUT CHUTNEY | MALAI KOFTA CURRY @ | COCONUT CHUTNEY | POTATO ONION CURRY | GROUNDNUT CHUTNEY | ONION TOMATO CHUTNEY |
| E | CURD (QNTY: 2 cups) | SAMBAR | | SAMBAR | | SAMBAR | SAMBAR |
| K | KETCHUP | | KETCHUP | | | | |
| F | BOILED EGG(1 no.)/ BANANA (2 nos.) | OMLET(1 no.)/ BANANA (2 nos.) | BOILED EGG(1 no.)/ BANANA (2 nos.) | OMLET(1 no.)/ BANANA (2 nos.) | BOILED EGG(1 no.)/BANANA (2 nos.) | OMLET(1 no.)/ BANANA (2 nos.) | OMLET(1 no.)/ BANANA (2 nos.) |
| Α | BREAD, BUTTER & JAM | BREAD, BUTTER & JAM | BREAD, BUTTER & JAM | BREAD, BUTTER & JAM | BREAD, BUTTER & JAM | BREAD, BUTTER & JAM | BREAD, BUTTER & JAM |
| S | TEA, COFFEE & MILK | TEA, COFFEE & MILK | TEA, COFFEE & MILK | TEA, COFFEE & MILK | TEA, COFFEE & MILK | TEA, COFFEE & MILK | TEA, COFFEE & MILK |
| 1 | SUGAR & SALT | SUGAR & SALT | SUGAR & SALT | SUGAR & SALT | SUGAR & SALT | SUGAR & SALT | SUGAR & SALT |
| | | | | | | | |
| | CHAPATTI | CHAPATTI | POORI | PUDINA/CORIANDER LEAF CHAPATTI | CHAPATTI | METHI CHAPATTI | CHAPATTI |
| | KADAI VEG ~ | RAJMA MASALA | DUM ALOO | DAL MAKHANI | RAJMA MASALA | BABYCORN MASALA (QNTY: 100 gms) or GATTE KI SABZI | GREENPEAS CABBAGE COCONUT CU |
| | CHICKEN BIRIYANI(CHICKEN QNTY: 150 gms) or | METHI SAAG DRY | BHINDI FRY | BEANS CARROT DAL COCONUT CURRY | BRINJAL FRY | BEETROOT CHANNA | PALAK SAAG DRY |
| | PANEER BIRIYANI (PANEER QNTY: 150 gms) | RICE | RICE | RICE | RICE | RICE | RICE |
| N | DAL FRY | LADIES FINGER SAMBAR | AHAR DAL FRY | RADISH SAMBAR | PANCHRATNA DAL# | BROAD BEANS SAMBAR | MASOOR DAL FRY |
| C | RASAM & ONOIN RAITA | RASAM & CURD (QNTY: 2 cups) | RASAM & CURD (QNTY: 2 cups) | RASAM & CURD (QNTY: 2 cups) | RASAM & CURD (QNTY: 2 cups) | RASAM & CURD (QNTY: 2 cups) | RASAM & CURD (QNTY: 2 cups) |
| Н | GARLIC PICKLE | LEMON PICKLE | MIX VEG PICKLE | MANGO PICKLE | GONGURA PICKLE | MANGO PICKLE | TOMATO PICKLE |
| | | PAPAD | FRYUMS | SABUDANA PAPAD | PAPAD | FRYUMS | SABUDANA PAPAD |
| | SUGAR, SALT & GHEE | SUGAR, SALT & GHEE | SUGAR, SALT & GHEE | SUGAR, SALT & GHEE | SUGAR, SALT & GHEE | SUGAR, SALT & GHEE | SUGAR, SALT & GHEE |
| | GRAPE JUICE (EVEN Semester) or KOSAMBARI SALAD (ODD Semester) | LEMON JUICE (EVEN Semester) or FRUIT SALAD* (ODD Semester) | WATERMELON JUICE (EVEN Semester) or SPROUTS SALAD (ODD Semester) | LEMON JUICE (EVEN Semester) or ONION CARROT BEETROOT SALAD (ODD Semester) | LEMON JUICE (EVEN Semester) or FRUIT SALAD* (ODD Semester) | GRAPE JUICE (EVEN Semester) or CORN SALAD (ODD Semester) | WATERMELON JUICE (EVEN Semester) or ONION CUCUMBER SALAD (ODD Semester |
| S | VEG CUTLET(2 NO. & QNTY: 100 gms) | MIRCHI/BANANA BHAJJI(2 NO. & QNTY: 100 gms |) MIX VEG MAGGI(1 dish & QNTY: 100 gms) | BREAD PAKODA (2 No & QNTY: 100 gms) | KACHORI(1no. & QNTY: 100 gms) & TAMARIND CHUTNEY | BLACK CHANNA SUNDAL(1 bowl & QNTY: 100 gms) | SAMOSA(2 no. & QNTY: 50 gms each) |
| N | KETCHUP | TOMATO CHUTNEY | KETCHUP | KETCHUP | KETCHUP | - | KETCHUP |
| C | MILK | MILK | MILK | MILK | MILK | MILK | MILK |
| K | TEA | TEA | TEA | TEA | TEA | TEA | TEA |
| S | COFEE | COFFEE | COFFEE | COFFEE | COFFEE | COFFEE | COFFEE |
| | SUGAR | SUGAR | SUGAR | SUGAR | SUGAR | SUGAR | SUGAR |
| | VEG SHEZWAN RICE & WHITE RICE | LEMON/TAMARIND/TOMATO RICE // | WHITE RICE | WHITE RICE | WHITE RICE | WHITE RICE | WHITE RICE |
| | SAMBAR | SAMBAR | SAMBAR | SAMBAR | SAMBAR | SAMBAR | SAMBAR |
| D | PHULKA | PHULKA | VEG BIRIYANI | PHULKA | PHULKA | PHULKA | PLAIN DOSA |
| Ī | ARBI KI KADHI | PANCHRATNA DAL # | ONION CUCUMBER RAITA | RAJMA MASALA | BLACK CHANNA MASALA | 5 BEANS DRY CURRY % | ALOO JEERA FRY |
| N | ONION RAITA | COCONUT CHUTNEY | MIX-VEG KURMA ~ | PANEER MALAI KOFTA (PANEER QNTY: 150 gms) @ or FISI IN MUSTARD OIL/SARSON MACHI (FISH QNTY: 150 gms) | MALABAR VEG DRY CURRY/ BEETROOT & COCONUT DRY | MALABAR PANEER (PANEER QNTY: 150 gms) or CREAMY CHICKEN (CHICKEN QNTY: 150 gms) | COCONUT CHUTNEY |
| N | GOBI MANCHURIAN DRY | RAW BANANA DRY CURRY | BHINDI DOPYAAZA DRY | | | | PUNJABI TADKA DAL |
| E R | BUTTERMILK (QNTY: 200 ml) | FLAVOURED MILK (QNTY: 200ml) & | BUTTERMILK (QNTY: 200 ml) | FLAVOURED MILK (QNTY: 200 ml) & | BOOST (MILK) (QNTY: 200 ml) | FLAVOURED MILK (QNTY: 200 ml) & | BOOST (MILK) (QNTY: 200 ml) |
| | ICECREAM (1 cup of QNTY: 100ml) | - | - | BREAD CUSTARD(1 bowl) | GULAB JAMUN (2 no. & each QNTY: 50 gms) | - | FRUIT KESARI(1 bowl) |
| | MIX VEG PICKLE | LEMON PICKLE | MANGO PICKLE | MANGO PICKLE | GARLIC PICKLE | TOMATO PICKLE | GONGURA PICKLE |
| | MIXED SEASONAL FRUIT! | MIXED SEASONAL FRUIT! | MIXED SEASONAL FRUIT! | MIXED SEASONAL FRUIT! | MIXED SEASONAL FRUIT! | MIXED SEASONAL FRUIT! | |

* MUST CONTAIN BANANAS, PINEAPPLES, GRAPES, ORANGES, POMEGRANATES & HONEY

MUST CONTAIN THESE VARITIES OF DAL: MASOOR DAL, MOONG DAL, URAD DAL/TUR DAL, RAJMA DAL, CHANA DAL

@ SHOULD BE MADE WITH VEGETABLE KOFTA BALLS & NOT CUT VEGETABLES

~ QNTY of Potato in curry should not be more than 25%

! MIN. 4 CUT FRUITS OF EQUAL PROPORTION & NET QNTY: 100 gms

// LEMON, TAMARIND & TOMATO RICE SHOULD BE MADE ALTERNATIVELY.

% MUST CONTAIN THESE PEAS: 1.Chickpeas (Chole) 2. Kidney Beans (Rajma) 3. Whole Black Gram (Sabut Urad) 4. Black Eyed Bean (Lobia) 5. Whole Green Gram / Mung Bean (Sabut Moong)

\$ TYPES OF FISHES TO BE USED: ROHU, KATLA, TILAPIA, & TUNA
& FLAVOURED MILK SHOULD BE OF THESE VARIETIES- ROSE, STRAWBERRY, BANANA CHOCOLATE & KESAR BADAM. IT SHOULD NOT BE REPEATED MPRE THAN ONCE IN A WEEK.

** ITEMS IN WHICH QUANTITY IS NOT MENTIONED IS SUPPOSED TO UNLIMITED.

** CHICKEN SHOULD BE SKINLESS, PROPERLY CLEANED & WEIGHT OF BONES SHOULD NOT BE MORE THAN 25% OF WEIGHT OF CHICKEN PIECES.

** A STUDENT CAN CHOOSE TO EAT EITHER VEG/NON-VEG ITEMS PROVIDED IN A MEAL.

**A sweet on every festival other than the given menu & Dosa Mela (with 5 different Varieties of Dosa) is necessary.