

		WEEK-2					
MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	ALOO PARATHA	PESARATTU & UPMA	LACHA PARATHA	RAVA IDLI +VADA(2 NO. & 75 gms each)	PONGAL & SEMIYA UPMA	POORI	MASALA DOSA
	CHANNA MASALA	GROUNDNUT CHUTNEY	MALAI KOFTA CURRY @	MINT CORIANDER CHUTNEY	GROUNDNUT CHUTNEY	POTATO ONION CURRY	ONION TOMATO CHUTNEY
	CURD (QNTY: 2 cups)	TAMARIND SAMBAR		BRINJAL SAMBAR	TOMATO SAMBAR		MULLANGI SAMBAR
	KETCHUP		KETCHUP				
	BOILED EGG(1 no.)/BANANA (QNTY: 2 nos.)	OMLETE(1 no.)/BANANA (QNTY: 2 nos.)	BOILED EGG(1 no.)/BANANA (QNTY: 2 nos.)	OMLETE(1 no.)/BANANA (QNTY: 2 nos.)	BOILED EGG(1 no.)/BANANA (QNTY: 2 nos.)	OMLETE(1 no.)/BANANA (QNTY: 2 nos.)	BOILED EGG(1 no.)/BANANA (QNTY: 2 nos.)
L U N C H	BREAD, BUTTER & JAM	BREAD, BUTTER & JAM	BREAD, BUTTER & JAM	BREAD, BUTTER & JAM	BREAD, BUTTER & JAM	BREAD, BUTTER & JAM	BREAD, BUTTER & JAM
	TEA, COFFEE & MILK	TEA, COFFEE & MILK	TEA, COFFEE & MILK	TEA, COFFEE & MILK	TEA, COFFEE & MILK	TEA, COFFEE & MILK	TEA, COFFEE & MILK
	SUGAR & SALT	SUGAR & SALT	SUGAR & SALT	SUGAR & SALT	SUGAR & SALT	SUGAR & SALT	SUGAR & SALT
	CHAPATTI	CHAPATTI	CHAPATTI	METHI CHAPATTI	POORI	PUDINA/CORIANDER LEAF CHAPATTI	CHAPATTI
	CHICKEN BIRIYANI (CHICKEN QNTY: 100 gms) or PANEER BIRIYANI (PANEER QNTY: 150 gms)	RAJMA DAL	BRINJAL FRY	RAJMA DAL	DUM ALOO	DAL MAKHANI	BHINDI DOPYAAZA GRAVY
S N A C K S	5 BEANS CURRY %	PALAK SAAG DRY	METHI SAAG DRY	BEANS CARROT DAL COCONUT CURRY	BHINDI FRY	PALAK CHOLE CURRY	GREENPEAS CABBAGE COCONUT DRY
		RICE	RICE	RICE	RICE	RICE	RICE
		LADIES FINGER SAMBAR	L.AUKI CHANA DAL	BROAD BEANS SAMBAR		RADISH SAMBAR	PANCHRATNA DAL #
	RASAM & ONION RAITA(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)	RASAM & CURD (QNTY: 2 cups)
	GARLIC PICKLE	MANGO PICKLE	LEMON PICKLE	GONGURA PICKLE	MIX VEG PICKLE	MANGO PICKLE	LEMON PICKLE
D I N N E R	PAPAD	SABUDANA PAPAD	FRYUMS	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)	WATERMELON JUICE (EVEN Semester) or ONION-CUCUMBER 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 CARROT SPROUTS SALAD (ODD Semester)	LEMON JUICE (EVEN Semester) or FRUIT SALAD* (ODD Semester)	GRAPE JUICE (EVEN Semester) or ONION CARROT BEATROOT SALAD (ODD Semester)
	VEG CUTLET(2 NO. & QNTY: 100 gms)	VEG SANDWICH(2 no. & QNTY: 100gms)	MIRCHI/BANANA BHAJJI(2 no. & QNTY: 100 gms)	GROUNDNUT SUNDAL(1 bowl & QNTY: 100 gms)	MIX VEG MAGGI(1 bowl & QNTY: 100 gms)	BREAD PAKODA (2 no. & QNTY: 100 gms)	SAMOSAS(2 no. & QNTY: 100 gms each)
	KETCHUP	KETCHUP	TOMATO CHUTNEY		KETCHUP	KETCHUP	KETCHUP
D I N N E R	MILK	MILK	MILK	MILK	MILK	MILK	MILK
	TEA	TEA	TEA	TEA	TEA	TEA	TEA
	COFFEE	COFFEE	COFFEE	COFFEE	COFFEE	COFFEE	COFFEE
	SUGAR	SUGAR	SUGAR	SUGAR	SUGAR	SUGAR	SUGAR
	LEMON/TAMARIND/TOMATO RICE ~	WHITE RICE	WHITE RICE		WHITE RICE	WHITE RICE & JEERA RICE	WHITE RICE
	SAMBAR	SAMBAR	SAMBAR		SAMBAR	SAMBAR	SAMBAR
	PHULKA	MAKKE KI ROTI	PHULKA		PHULKA	PHULKA	IDLI & COCONUT CHUTNEY
	COCONUT CHUTNEY	PUNJABI TADKA DAL	TADKA DAL		ONION CUCUMBER RAITA	GOBI MANCHURIAN DRY	TADKA DAL
	DAL FRY	GOBI MASALA	NAVRATAN KORMA		CARROT BEANS CURRY	PANEER KOFTA CURRY (PANEER QNTY: 100 gms) @ or CHILLI FISH CURRY (Fish QNTY: 150 gms) \$	BABYCORN MASALA DRY (BABYCORN QNTY: 100 gms) or GATTE KI SABZI (QNTY: 100gms)
	CHICKPEAS & SPINACH CURRY	SARSON KA SAAG			DAL FRY		
FLAVOURED MILK (QNTY: 200ml)&	BOOST (MILK) (QNTY: 200ml)	BUTTERMILK (QNTY: 200ml)		BUTTERMILK(QNTY: 200ml)	FLAVOURED MILK(QNTY: 200ml) &	BOOST (MILK) (QNTY : 200 ml)	
-	GULAB JAMUN(2 no.)	-		ICECREAM (1 CUP of QNTY: 100 ml)	-	FRUIT KESARI(1 bowl)	
	MANGO PICKLE	TOMATO PICKLE	LEMON PICKLE		GONGURA PICKLE	MANGO PICKLE	TOMATO PICKLE
	MIXED SEASONAL FRUIT !	MIXED SEASONAL FRUIT !	MIXED SEASONAL FRUIT !	SPECIAL DINNER	MIXED SEASONAL FRUIT !	MIXED SEASONAL FRUIT !	-
<b>* MUST CONTAIN BANANAS, PINEAPPLES, GRAPES, APPLES, ORANGES, POMEGRANATES &amp; HONEY</b>							
<b># MUST CONTAIN THESE VARIETIES OF DAL: MASOOR DAL, MOONG DAL, URAD DAL, RAJMA DAL, CHANA DAL</b>							
<b>! EVERYDAY MIN. 4 CUT FRUITS &amp; QNTY: 100 gms</b>							
<b>~LEMON, TAMARIND &amp; TOMATO RICE SHOULD BE MADE ALTERNATIVELY.</b>							
<b>@ SHOULD BE MADE WITH VEGETABLE KOFTA BALLS &amp; NOT CUT VEGETABLES</b>							
<b>\$ TYPES OF FISHES TO BE : ROHU, KATLA, TILAPIA, &amp; TUNA</b>							
<b>% 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)</b>							
<b>&amp; FLAVOURED MILK SHOULD BE OF THESE VARIETIES- ROSE, STRAWBERRY, BANANA CHOCOLATE &amp; KESAR BADAM. IT SHOULD NOT BE REPEATED MPRE THAN ONCE IN A WEEK.</b>							
<b>** ITEMS IN WHICH QUANTITY IS NOT MENTIONED IS SUPPOSED TO UNLIMITED.</b>							
<b>** CHICKEN SHOULD BE SKINLESS, PROPERLY CLEANED &amp; WEIGHT OF BONES SHOULD NOT BE MORE THAN 25% OF WEIGHT OF CHICKEN PEICES.</b>							
<b>** A STUDENT CAN CHOOSE TO EAT EITHER VEG/NON-VEG ITEMS PROVIDED IN A MEAL.</b>							
<b>**A sweet every festival other than the given menu &amp; Dosa Mela (with 5 different Varieties of Dosa) every semester is necessary.</b>							