

	Sunday	Monday	Tuesday
<b>Breakfast</b>			
	Dosa with Masal	Idly + vada	Onion uthappam
	sambar	sambar	sambar
	Coconut chutney	tomato chutney	coconutut chutney
	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk
	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
<b>Extras</b>	Boiled Egg	Boiled egg	Boiled Egg
	corn flakes	corn flakes	corn flakes
	boost	boost	boost
<b>lunch</b>	Phulka	Rice	Rice
	veg salad[tomato/beetroot/carrot]	veg salad[cucumber/onion/ra dish],	veg salad[cucumber/tomato/carrot],
		curd	curd
		moong daal	Daal(tomato daal)
	paneer butter masala	green peas masala	Channa masala
	raitha	Lady's finger sambar	sambar(avaraka)
	papad/fryums	rasam	fryums
	pickle	papad	pickle
	sugar	pickle	sugar
	salt	sugar	salt
	sweet(Double ka meetha)/ice crem	salt	karakulambu
	veg-biryani/Veg pulav	oil chapathi	poori
	Lime Juce		
	omlet	Scrambled egg	omlet

Sheet1

<b>Extras</b>	kadai panneer	cauliflower munchurian	veg munchurian
	Fresh juice	Fresh Juice	Fresh Juice
	Chicken 65	chicken masala	Baby corn masala
	egg masala	egg fried rice	Pepper chicken
<b>tea time</b>	coffee	coffee	coffee
	tea	tea	tea
	milk	milk	milk
<b>tea time extras</b>	samosa	sundal	papdi chat
	mirchi bajji	pani poori	bajji
	bhelpoori	vada	pani poori
<b>Dinner</b>	Rice	Rice	Rice
	Daal rasam	Pepper rasam	Jeera rasam
	sambar(lady finger)	sambar(mix veg)	sambar(raddish)
	veg salad[onion/radish/carrot]	veg salad[onion/radish/beetro ot]	veg salad[cucumber/onion/ carrot]
	orange	fruit(water melon)	Banana(morries)
	butter milk	butter milk	butter milk
	papad/fryums	papad/fryums	papad/fryums
	Poori	Chapathi	Dosa
	channa masala	Mix Veg Gravy	Kara chutney
	salt, pickle	salt, pickle	salt, pickle
<b>Extras</b>	Scrambled egg	omlet	Scrambled egg
	Fresh juice	Fresh Juice	Fresh Juice
	Egg masala	Palak pakoda	Baby corn masala
	panneer munchurian	gobi munchurian	veg munchurian
	chicken fried rice	kadai chicken	chicken 65

Sheet1

Wednesday	Thursday	Friday	Saturday
pongal + vada	Maggi - 30% vegetable	Rava upma/Semiya upma	Rava dosa
sambar		sambar	sambar
Coconut chutney	Tomato Sauce	coconut chutney	kara chutney
Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk
Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
Boiled Egg	Boiled Egg	Boiled Egg	Boiled Egg
corn flakes	corn flakes	corn flakes	corn flakes
boost	boost	boost	boost
Rice	Rice	Rice	Rice
veg salad[onion/radish/carrot],	veg salad[cucumber/onion/carrot]	veg salad[onion/radish/beetroot]	veg salad[onion/radish/carrot]
curd	curd	curd	curd
Daal(mixed daal)	Daal(palak daal)	Mix Veg Kuruma- less aloo	Daal(daal makhani)
(bhindhi aloo fry) - dry	(Potato Podimas)	carrot beans-poriyal	veg curry(Beans & Alu)
sambar(mix veg)	sambar(raddish)	sambar(drumstick)	sambar(Avarakka)
papad	fryums	papad	papad/fryums
pickle	pickle	pickle	pickle
sugar	sugar	sugar	sugar
salt	salt	salt	salt
morekulambu	rasam	karakulambu	morekulambu
pudhina chapathi	oil chapathi	oil chapathi	oil chapathi
Scrambled egg	omlet	Scrambled egg	chilli chicken

Sheet1

gobi munchurian	vegmunchurian	panneer munchurian	veg manchurian
Fresh Juice	Fresh Juice	Fresh Juice	Fresh Juice
Panner butter masala	Garlic chicken (dry)	Mushroom masala	lassi
chilli chicken	egg masala	chicken chettinadu	chicken fried rice
coffee	coffee	coffee	coffee
tea	tea	tea	tea
milk	milk	milk	milk
cutlet	bajji	samosa	cutlet
dahipoori	pani poori	bread pakoda	parupu vada
kachori	samosa masala chat	bajji	samosa masala chat
Rice	Rice	Rice	sambar rice
Tomato rasam	Daal rasam	Pepper rasam	curd rice
sambar((brinjal)	sambar(avaraka)	sambar(brinjal )	verietry rice - 1
veg salad[cucumber/onion/radish]	veg salad[onion/radish/carrot]	veg salad[cucumber/tomato/carrot]	potato chips
Fruitsalad	Banana(morries)	Papaya	Pineapple
butter milk	butter milk	butter milk	
			veg salad[tomato/beetroot/carrot]
papad/fryums	papad/fryums	papad/fryums	
Pudina Chapathi	Uthappam	phulka	boost/bourvita
Alu mutter	Groundnut chutney	Gobi masala	
salt, pickle	salt, pickle	salt, pickle	salt, pickle

omlet

Fresh Juice

Basundi

gobi munchurian

chilli chicken

Scrambled egg

Fresh Juice

Chicken 65

veg munchurian

egg masala

omlet

Fresh Juice

Ice cream - chocolate/

Chilli panner

chicken chettinadu

Scrambled egg

Fresh Juice

Pepper chicken

veg munchurian

chicken 65