

Sheet1

	Monday	Tuesday	wednesday	Thursday
	idly,vada	onion utthappam	Rava Upma	Wheat dosa
breakfast	cocunut chutney ,sa	Mint chutney ,samb	cocunut chutney Sprouts	Tomato chutney
	coffee,tea,milk	coffee,tea,milk	coffee,tea,milk	coffee,tea,milk
	bread,butter,jam	bread,butter,jam	bread,butter,jam	bread,butter,jam
breakfast extras	boiled egg, cornfl	boiled egg,cornfl	boiled egg,cornfl	boiled egg,cornfl
	Fresh juice	Scrambled egg	Fresh juice	Scrambled egg
	Rice	Rice	Rice	Rice
	Phulka	pu dhina chappath	Phulka	oil chappathi
	Avarakka Sambar	radish sambar	drumstick samba	radish sambar
	Palak Daal	Garlic rasam	gongura daal	Ridge guard daal
lunch	Tomato Rasam	karakulambu	morekulambu	Kollu rasam
	carrot beans poriy	Potato Curry-dry	beetroot channa	bhindi fry
	Curd	Curd	Curd	Curd
	cucumber,carrot,t	cucumber,carrot,	cucumber,carrot	cucumber,carrot,t
	Pappad, Pickle, S	fryums,pickle,sug	Pappad, Pickle, S	fryums,pickle,sug
	omlet	Scrambled egg	omlet	Scrambled egg
	kadai panneer	cauliflower munc	veg munchurian	gobi munchurian
lunch extras	Fresh juice	Fresh Juice	Fresh Juice	Fresh Juice
	Chicken 65	chicken masala	Baby corn masala	Panner butter mas
	egg masala	egg fried rice	Pepper chicken	chilli chicken
	coffee	coffee	coffee	coffee
tea time	tea	tea	tea	tea
	milk	milk	milk	milk
	samosa	sundal	papdi chat	cutlet
tea time extras	mirchi bajji	pani poori	bajji	dahipoori
	bhel poori	vada	pani poori	kachori
	rice	rice	rice	rice
	oil chappathi	Chola Batura	dosa	uthapam
	drumstick sambar	Green leaf samba	Brnjal sambar	Avarakka sambar
	Lemon rasam	Tomato rasam	paruppu rasam	Garlic rasam
dinner	mix veg curry		Mnt chutney	tomato chutney

Sheet1

banana	seasonal fruit	pineapple	watermelon
fryums, butter mil	papad, butter mil	fryums, butter mil	papad, butter mil
pickle, salt	pickle, salt	pickle, salt	pickle, salt
cucumber, carrot, t	cucumber, carrot, t	cucumber, carrot, t	cucumber, carrot, t
Scrambled egg	omlet	Scrambled egg	omlet
Fresh juice	Fresh Juice	Fresh Juice	Fresh Juice
dinner extras Egg masala	Palak pakoda	Baby corn masala	Basundi
panneer munchuri	gobi munchurian	veg munchurian	gobi munchurian
chicken fried rice	kadai chicken	chicken 65	chilli chicken

Friday	Saturday	Sunday
pongal+vada	rava dosa	Dosa with Masal
cocunut chutney+s	tomato chutney+samba	cocunut chutney+sambar
coffee,tea,milk	coffee,tea,milk	coffee,tea,milk
bread,butter,jam	bread,butter,jam	bread,butter,jam
boiled egg,cornfl	boiled egg,cornflakes	boiled egg,cornflakes
Fresh juice	Scrambled egg	Fresh juice
Rice	Rice	phulka
oil chappathi	poori	Veg briyani ,raitha
green leaf samba	Mix veg sambar	Paneer butter masala
snake gourd koot	moong daal	lime juice
karakulambu	rasam	ice cream(2)/ gulab jamun(1) /Rasamalai (1)(alt sun)
karamani poriyal	green peas masala	
Curd	Curd	
cucumber,carrot	cucumber,carrot,beec	cucumber,carrot,tomato, lemon
Pappad, Pickle, S	fryums,pickle,sugar,s	Pappad, Pickle, Sugar, Salt
omlet	Scrambled egg	chilli chicken
vegmunchurian	panneer munchurian	veg manchurian
Fresh Juice	Fresh Juice	Fresh Juice
Garlic chicken (d	Mushroom masala	lassi
egg masala	chicken chettinadu	chicken fried rice
coffee	coffee	coffee
tea	tea	tea
milk	milk	milk
bajji	samosa	cutlet
pani poori	bread pakoda	parupu vada
samosa masala cl	bajji	samosa masala chat
rice	sambar rice,	rice
veg fried rice	potato chips	aloo paratha
Radish sambar	,variety rice	Bhindi sambar
Snake guard kutt	curd rice	Pepper rasam
veg munchurian	boost	Curd

Sheet1

papaya	banana	seasonal fruit
fryums, buttermilk	papad, butter milk	fryums, buttermilk
pickle, salt	pickle, salt	Mango pickle, salt
cucumber, carrot	cucumber, carrot, tomato	cucumber, carrot, tomato salad

Scrambled egg	omlet	Scrambled egg
Fresh Juice	Fresh Juice	Fresh Juice
Chicken 65	Ice cream - chocolate	Pepper chicken
veg munchurian	Chilli panner	veg munchurian
egg masala	chicken chettinadu	chicken 65