

	Sunday	Monday	Tuesday	Wednesday
<b>Breakfast</b>				
	Dosa with Masal	Idly + vada	Onion uthappam	pongal + vada
	sambar	sambar	sambar	sambar
	groundnut chutney	tomato chutney	groundnut chutney	Coconut 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
<b>Extras</b>	Boiled Egg	Boiled egg	Boiled Egg	Boiled Egg
	corn flakes	corn flakes	corn flakes	corn flakes
	boost	boost	boost	boost
	Phulka	Rice	Rice	Rice
	veg salad[tomato/beetroot/carrot]	veg salad[cucumber/onion/radish],	veg salad[cucumber/tomato/carrot],	veg salad[onion/radish/carrot],
		curd	curd	curd
		moong daal	Daal(tomato daal)	Daal(mixed daal)
	paneer butter masala	green peas masala	Channa masala	(bhindi fry) - dry
	raitha	Lady's finger sambar	sambar(avaraka)	sambar(mix veg)
	papad/fryums	rasam	fryums	papad
	pickle	papad	pickle	pickle
	sugar	pickle	sugar	sugar

Sheet1

	salt	sugar	salt	salt
	sweet(Double ka meetha)/ice crem	salt	karakulambu	morekulambu
	veg-biryani/Veg pulav	oil chapathi	poori	pu dhina chapathi
<b>lunch</b>	Lime Juce			
	omlet	Scrambled egg	omlet	Scrambled egg
	kadai panneer	cauliflower munchu	veg munchurian	gobi munchurian
<b>Extras</b>	Fresh juice	Fresh Juice	Fresh Juice	Fresh Juice
	Chicken 65	chicken masala	Baby corn mas	Panner butter masala
	egg masala	egg fried rice	Pepper chicken	chilli chicken
	coffee	coffee	coffee	coffee
<b>tea time</b>	tea	tea	tea	tea
	milk	milk	milk	milk
	samosa	sundal	papdi chat	cutlet
<b>tea time extra</b>	mirchi bajji	pani poori	bajji	dahipoori
	bhel poori	vada	pani poori	kachori
	Rice	Rice	Rice	Rice
	Daal rasam	Pepper rasam	Jeera rasam	Tomato rasam
	sambar(lady finger)	sambar(mix veg)	sambar(raddis h)	sambar((brinjal)
	veg salad[onion/radish/ carrot]	veg salad[onion/radish /beetroot]	veg salad[cucumber/ onion/carrot]	veg salad[cucumber/onion /radish]
	Seasonal Fruit	fruit(water melon)	Banana(morries)	Fruitsalad

Sheet1

<b>Dinner</b>	butter milk	butter milk	butter milk	butter milk
	papad/fryums	papad/fryums	papad/fryums	papad/fryums
	Poori	Chapathi	Dosa	Phulka
	channa masala	Mix Veg Gravy	coconut chutney	Alu mutter
	salt, pickle	salt, pickle	salt, pickle	salt, pickle
<b>Extras</b>	Scrambled egg	omlet	Scrambled egg	omlet
	Fresh juice	Fresh Juice	Fresh Juice	Fresh Juice
	Egg masala	Palak pakoda	Baby corn masala	Basundi
	panneer munchur	gobi munchurian	veg munchuri	gobi munchurian
	chicken fried rice	kadai chicken	chicken 65	chilli chicken

Thursday	Friday	Saturday
Maggi - 30% vegetable	Rava upma/Semiya upma	Rava dosa
	sambar	sambar
Tomato Sauce	tomato chutney	coconut chutney
Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk
Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
Boiled Egg	Boiled Egg	Boiled Egg
corn flakes	corn flakes	corn flakes
boost	boost	boost
Rice	Rice	Rice
veg salad[cucumber/onion/carrot]	veg salad[onion/radish/beetroot]	veg salad[onion/radish/carrot]
curd	curd	curd
Daal(palak daal)	Mix Veg Kuruma-less aloo	Daal(daal makhani)
(Potato Podimas)	carrot beans-poriyal	veg curry(Beans & Alu)
sambar(raddish)	sambar(drumstick)	sambar(Avarakka)
fryums	papad	papad/fryums
pickle	pickle	pickle
sugar	sugar	sugar

salt	salt	salt
rasam	karakulambu	morekulambu
oil chapathi	poori	oil chapathi
omlet	Scrambled egg	chilli chicken
vegmunchurian	panneer munchurian	veg manchurian
Fresh Juice	Fresh Juice	Fresh Juice
Garlic chicken (dry)	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 chat	bajji	samosa masala chat
Rice	Rice	sambar rice
Daal rasam	Pepper rasam	curd rice
sambar(avaraka)	sambar(drumstick )	verietty rice - 1
veg salad[onion/radish/carrots]	veg salad[cucumber/tomato/carrot]	potato chips
Banana(morries)	Papaya	Pineapple

butter milk	butter milk	
papad/fryums	papad/fryums	veg salad[tomato/ beetroot/carrot]
Uthappam	Pudina chapathi	boost/bourvita
Kara chutney	Gobi masala	
salt, pickle	salt, pickle	salt, pickle

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