

South Menu: Veg(Menu A & C)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Brown & White Bread, Bucter, Tea, Coffee and Milk, Sugar						
	Boiled Egg/ Oats Boiled Chawli white [A]/red [C] Mixed Fruit Jam Millet Dosa [A] Groundnut chutney [A] Puttu [C] Kadala curry [C]	Omelette/Chocos Green Gram Sprouts Mango Jam Mysore bonda (1 no) Khichdi (Wheat) [A]/ Khichdi (Rava) [C] Coconut chutney	Fried Egg/Cornflakes Boiled Black Chana Idly [A] / Rava Idly [C] Vada (1 no) Groundnut chutney Brinjal Sambar	Boiled egg/ Oats Boiled Peanut Onion Uthappam[A]/ Mix veg Uthappam[C] Pongal Coconut chutney Drumstick Sambar	Boiled Egg/ Chocos Boiled white chana Mango Jam Masala Dosa Mint chutney Mix veg Sambar	Omlette/Cornflakes Boiled green gram Pineapple Jam Poori Aloo masala	Boiled Egg/Oats Boiled white peas. Mix fruit Jam Rava Dosa [A]/Set dosa[C] Pudina Chutney[A]/Coconut chutney[C] Bindi Sambar
	Plain Rice, Curd, Salt, Sugar, Papad/ Fryums & Salad (any three of the Cucumber, Tomato, Beetroot, Radish, Carrot), green chilli						
LUNCH	Methi Chapati Aloo soya dry Tomato Rasam Bhindi Sambar Avakai Pachadi Curd Chilli Gongura Thoviyal	Phulka Tomato Rice Bhindi Fry. Mix Veg Curry Radish Sambar Bele Saaru Mixed Veg Pickle Mint Thoviyal	Pudina Chapati Aloo 65 Cabbage curry Pepper Rasam Cucumber Pappu Lemon Pickle Ridge Gourd Thoviyal Detox Water	Phulka Tindly Fry pakodi (type Clustered) Beans Moong Dal[A]/ Thotakura papu [C] Kara kuzhambu Drumstick[A]/Brinjal [C]Curry Mixed Veg Pickle Curd Chilli Curry Leaf Thoviyal	Plain Chapati Bitter Gourd fry Gutti Vankaya Curry Jeera Rasam Spinach Pappu Lemon Pickle Gongura Thoviyal	Phulka Masala Vada (1 no) Spinach kootu (Semi Dry) Ulavacharu Pappu (Dal) Curry Tomato chutney(not pickle) Mint Thoviyal	Plain Chapathi Kuska/bagara rice Kadai Paneer Raita (No Salad) Cut Onion Gulab Jamun [A] / Ice Cream [C]
SNACKS	Masala corn & Lemon [A] Sambar vada [C]	Mysore Bonda with coconut chutney [A] Punugulu with kara chutney[C]	Rusk[A] (4 pieces) Pani Puri [C]	Bhel puri[A]&[C]	Butter salted Popcorn [A] Banana bajji [C]	Bread pakora with sauce [A] Aloo Bonda with sauce – 2 pieces [C]	Chana chaat [A] Crispy soya chunks [C]
DINNER	Buttermilk/Lemon Juice, Papad/ Fryums & Salad (any three of the Cucumber, Tomato, Beetroot, Radish, Carrot), cut onion, mirchi, lemon						
	Plain rice Plain Chapati Potato Milmaker dry Dum Aloo Lemon Rasam Banana Fruit Mix Veg Pickle	Plain rice Kerala Paratha Veg Kurma Drumstick Sambar Seasonal Fruit Lemon Pickle Ragi drink	Plain rice Phulka Jeera Rice Palak Paneer Garlic Rasam Carrot Halwa [A]/ Beetroot Halwa [C] Mango Pickle	Plain rice Plain chapathi Tomato soya curry Mix veg sambar Lemon pickle Boiled Sweet Corn	Plain Rice Mixed Veg Sambar Papaya Fruit Mango Pickle Chapathi Veg kurma	Lemon Rice{ A}/Coconut rice [C] Sambar Rice Curd Rice Boost Milk Potato chips Banana Fruit	Plain Rice Gobi [A]/Aloo[C] Parotta Green Chutney Curd Lemon Rasam Mix Veg Sambar Mix fruit salad Mix Veg Pickle