

Veg Menu (Week C)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Brown Bread, Butter, Jam, Tea, Coffee and Milk, Sugar							
BREAKFAST	Boiled Egg/Cornflakes Boiled Chawli white Vegetable Nattu Rava Upma Groundnut chutney	Omelette/Chocos Green Gram Sprouts Idli Ghee & Podi Sambar Coconut chutney	Fried egg/Oats Boiled Peanut Tomato chutney Gobi Paratha & Curd	Boiled Egg/ Cornflakes Boiled Black Chana Onion Uthapam Coconut chutney	Boiled egg/Chocos Boiled white chana Puffed rice upma Mint chutney Mix veg Sambar	Omelette/Oats Boiled green gram Moong dal chilla Tomato sauce	Fried Egg/Cornflakes Boiled white peas Luchi(poori) Aloo dum Lime and onion
Plain Rice, Phulka, Curd, Salt, Sugar, Papad/ Fryums							
LUNCH	Cucumber carrot salad Aloo Beans sabzi (dry) Palak paneer (gravy) Radish Sambar Gongura thoviyal	Beetroot tomato salad Potato spinach sabzi(dry) Tomato drumstick curry (gravy) Masoor dal Pepper Rasam Mint Thoviyal	Radish cucumber salad Cabbage poriyal(dry) Bhindi puli Kuzhambu(gravy) Dal Fry Ridge Gourd Thoviyal	Cucumber carrot salad Carrot sag sabzi (dry) Soya chunks kurma(gravy) Palak dal Tomato rasam Curry Leaf Thoviyal Lassi	Beetroot tomato salad Aloo Pumpkin fry Gutti Vankaya Curry (gravy) Moong Dal Gongura Thoviyal	Radish cucumber salad Aloo baingan(dry) Chow chow curry(gravy) Toor dal Pepper rasam Tomato Thoviyal	Onion lemon Cucumber salad Bagara rice Sherva Paneer Butter Masala Tomato Rasam Onion Tomato Raita Kala Jamun - 2 pieces
SNACKS	Tea, Coffee & Milk						
	Sambar vada	Punugulu with kara chutney.	Pani Puri	Bhel puri	Banana bajji with sauce	Aloo Bonda with sauce - 2 pieces	Crispy soya chunks
DINNER	Plain Rice, Sugar, Salt, Papad/ Fryums						
	Methi chapathi Mix Veg Kadai Toor dal Rice kheer Jal Jeera Salad	Set Dosa Tomato chutney Mix veg Sambar Buttermilk Mixed fruit	Phulka Jeera Rice Paneer Butter Masala Garlic Rasam Pineapple rava kesari Lemon water Salad	Pudina chapathi Baby Corn Potato Peas Curry Mix Veg Curry Buttermilk Papaya	Plain Chapathi Dahi Bhindi Mixed Dal Ragi Drink Salad	Masala khichdi Curd Rice Boost Milk Roti Rajma Dal Potato Chips Banana Fruit	Pudina Chapathi Loki Koftha curry Drumstick Sambar Pineapple Buttermilk Salad