

Veg Menu (Week D)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Brown Bread, Butter, Jam, Tea, Coffee and Milk, Sugar							
BREAKFAST	Omelette / Oats Boiled rajma Aloo Poha Tamarind chutney	Omelette/Chocos Boiled Peanut Semiya Kichdi Coconut Chutney	Full Fried egg / Oats Boiled Black Chana Ragi Dosa Tomato chutney Sambar	Boiled egg/ Cornflakes Boiled white peas Aloo Paratha Mint chutney	Boiled egg / Chocos Boiled Rajma Rava Idli Groundnut chutney Sambar	Boiled Egg/ Cornflakes Chana Sundal Dal poori Chole	Full Fried Egg/Cornflakes Boiled white chana Idiyappam Veg Kurma
	Plain Rice, Phulka, Curd, Salt, Sugar, Papad/ Fryums						
LUNCH	Cucumber carrot salad Raw banana fry (dry) Chana masala (gravy) Drumstick Sambar Gongura thoviyal	Beetroot tomato salad Carrot beans poriyal(dry) Gobi Capsicum masala (gravy) Gongura dal Pepper Rasam Mint Thoviyal	Radish cucumber salad Brinjal chana masala(dry) Kadhi pakora (gravy) Radish Sambar Ridge Gourd Thoviyal	Cucumber carrot salad Lauki ki sabzi (dry) Puli Kuzhambu (gravy) Rajma Dal Tomato rasam Curry Leaf Thoviyal	Beetroot tomato salad Aloo beans (dry) Ridge gourd tomato masala (gravy) Gongura Thoviyal Masoor dal	Radish cucumber salad Cabbage peas (dry) Mor kuzhambu (gravy) Dal makhani Pepper rasam Tomato Thoviyal	Onion lemon Cucumber salad Veg Dum Biryani Salan Tomato Rasam Cucumber Raita Bread halwa
SNACKS	Tea, Coffee & Milk						
	Fruit cake/Masala Bhel	Chilli Bajji with sauce	French Fries with tomato sauce	Dahi vada	Onion pakoda	Dahi chaat	Sundal
	Plain Rice, Sugar, Salt, Papad/ Fryums						
DINNER	Methi chapathi Aloo Mattar Curry Dal Makhani Gajar ka halwa Salad	Podi Dosa Coconut chutney Veg Sambar Palak Dal Buttermilk Pineapple	Pudina chapathi Jeera Rice Tawa Paneer Tomato Rasam Semiya payasam Salad	Plain chapathi Bhaigan Bharta Mix Veg Sambar Buttermilk Papaya	Pudina Chapathi Mixed veg palak gravy Radish sambar Ragi drink Salad	Vangi bath Roti Mixed Dal Curd Rice Boost Milk Potato chips Banana fruit	Methi Chapathi Aloo Soya curry Drumstick Sambar Seasonal fruit Buttermilk Salad