

Veg Menu (Week A)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Brown Bread, Butter, Jam, Tea, Coffee and Milk, Sugar						
BREAKFAST	Boiled Egg / Cornflakes Boiled Chawli White Pongal Groundnut chutney Mix veg Sambar	Full fried egg/Oats Boiled Peanut Pav bhaji Lime and onion	Omelette / Chocos Green Gram Sprouts Vegetable rava upma Coconut chutney	Boiled egg / Cornflakes Boiled Black Chana Maggi Tomato sauce	Boiled egg/ Chocos Boiled white chana Masala Dosa Mint chutney Mix veg Sambar	Omelette/Oats Boiled green gram Poha Aloo Channa Curry Lime and onion	Full fried Egg / Cornflakes Boiled white peas Rava Idly and Vada (2 no) Groundnut chutney Brinjal Sambar
	Plain Rice, Phulka, Curd, Salt, Sugar, Papad/ Fryums						
LUNCH	Cucumber carrot salad Aloo beans (dry) Bhindi masala (gravy) Radish Sambar Gongura thoviyal	Beetroot tomato salad Cabbage peas sabzi (dry) Mix Veg Curry (gravy) Mixed dal Pepper Rasam Mint Thoviyal	Radish cucumber Salad Brinjal ki sabzi (dry) Meal Maker peas (gravy) Bhindi Sambar Ridge Gourd Thoviyal	Cucumber carrot salad Tendli Aloo ki sabzi (dry) Mor kuzhambu (gravy) Palak dal Tomato rasam Curry Leaf Thoviyal	Beetroot tomato salad Bitter Gourd fry(dry) Gutti Vankaya Curry (gravy) Toor dal Radish Sambar Gongura Thoviyal	Radish cucumber salad Beetroot Black Channa poriyal (Cauliflower peas curry(gravy) Dalma Pepper rasam Tomato Thoviyal	Onion lemon Cucumber salad Bagara rice & Sherva Kadai Peas Mushroom curry Tomato Rasam Boondi Raita Gulab Jamun - 2 pieces
Snacks	Tea, Coffee & Milk						
	Masala corn & Lemon	Mysore Bonda with Coconut chutney	Rusk (4 pieces)	Bhel puri	Butter salted Popcorn	Bread pakora with sauce	Chana chaat
DINNER	Plain Rice, Sugar, Salt, Papad/ Fryums						
	Corn peas pulao Pudina Chapathi Meal maker curry Mix veg Sambar Sabudana Kheer Salad	Kal Dosa Coconut chutney Dal Buttermilk Fruit custard	Methi Chapathi Jeera Rice Palak paneer Garlic Rasam Pineapple rava kesari Salad	Vegetable Pulao Sherva Roti & Dal Boiled Sweet corn Buttermilk	Chole Bhature Drumstick sambar Tomato rasam Ragi drink Papaya	Lemon rice Roti Chana Dal Curd Rice Boost Milk Potato chips Banana fruit	Kerala Paratha Veg Kurma Drumstick Sambar Buttermilk Salad Pineapple