

South Menu: Veg(Menu B & D)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Brown & White Bread, Bucter, Tea, Coffee and Milk, Sugar						
	Boiled Egg/ cornflakes Pineapple Jam Boiled peanuts Classic Semiya upma [D] Andhra style semiya upma [B] Masala Vada (2 no) Coconut Chutney	Omelette/Chocos Mango Jam Green Gram Sprouts Punugulu (4 no)(small size) Vegetable Rava Upma [B] poha [D] Coconut chutney	Fried Egg/oats Mix Fruit jam Boiled Black Chana Millet Idly [B] /Kanchipuram Idly [D] Vada (2 no) Red chili chutney Drumstick Sambar	Boiled egg/ cornflakes Pineapple Jam Boiled white channa Plain Upma-Pesarattu Ginger chutney Radish Sambar	Boiled Egg/ Cornflakes Pineapple Jam Boiled Moong Kal dosa[B] Vada curry[B] Adai[D] Sambar[D] Coconut Chutney	Boiled Egg/ Chocos Mango Jam Boiled mixed pulses Maggi Tomato Sauce Tamarind pulihora [D] Idiyappam[B] Veg Kurma[B]	Boiled Egg/ Oats Mixed Fruit Jam White Chana sprouts Millet Dosa[B]/jowar dosa[C] Groundnut chutney Brinjal Sambar
	Plain Rice, Curd, Salt, Sugar, Papad/ Fryums & Salad (any three of the Cucumber, Tomato, Beetroot, Radish, Carrot), green chilli						
LUNCH	Methi Chapati Chilli Bajji Carrot Beans Poriyal garlic Rasam Bottle gourd Sambar Avakai Pachadi Curd Chilli Gongura Thoviyal	Phulka Tomato Rice Bhindi Fry Tomato Peas Curry Lemon Rasam Mixed Veg Pickle Mint Thoviyal	Pudina Chapati Gobi 65 Bottle gourd curry Palak Pappu Tomato Rasam Lemon Pickle Ridge Gourd Thoviyal Detox water	Phulka Potato poriyal Gongura dal Mix Veg Pickle Pepper rasam Curd Chilli Curry Leaf Thoviyal	Plain Chapati Mutter Paneer Raw banana fry (Dry) Tomato Rasam K a r a K u z l h a m b h u Lemon Pickle Gongura Thoviyal	Phulka Mix Cabbage Fry (Dry) Keerai Vada Tomata Dal Pepper Rasam Avakai Pachadi Mint Thoviyal	Plain Chapathi Veg Biryani (Basmati) Paneer Butter Masala Raita (Cut Onion Custard Bread [B]/ Mysore Pak [D]
SNACKS	Biscuit Packet [B] Fruit Cake/Masala Bhel [D]	Veg cutlet - 2 no [B] Veg Roll [D]	Masala boiled Chana [B] French Fries with tomato sauce [D]	Veg Puff/Bread Pakaro [B] Dahi vada [D]	Sev puri [B] Onion pakoda [D]	Samosa - 1 no [B] Dahi chaat [D]	Banana Cake [C] Biscuit Packet/Sundal[D]
DINNER	Buttermilk/Lemon Juice, Papad/ Fryums & Salad (any three of the Cucumber, Tomato, Beetroot, Radish, Carrot)						
	Plain Rice Phulka Potato Green Peas Masala Mix Veg Sambar Sweet Pongal [B]/ moong dal halwa [D]	Plain Rice Chole Bhature Tomato Rasam Brinjal Sambar Seasonal fruit Lemon Pickle Ragi drink	Plain rice Plain chapati Jeera Rice Masala Paneer Bhindi Sambar Semiya Payasam Mix Veg Pickle	Plain Rice Plain Chapati Potato Soya dry Tomato Dal Lemon Rasam Pineapple Fruit Lemon pickle	Plain Rice Kal [B]/ Ragi dosa [D] Coconut Chutney Drumstick Sambar Papaya Fruit Mix Veg Pickle	Vangi bath Sambar Rice Curd Rice Horlicks milk Potato Chips Banana fruit Mango pickle	Plain Rice Wheat Dosa Onion Chutney Mix veg Sambar Tomato Rasam Mixed fruit salad Mix Veg Pickle