

Veg Menu (Week B)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>Brown Bread, Butter, Jam, Tea, Coffee and Milk, Sugar</b>						
	Boiled Egg/Cornflakes Boiled peanut Poori Aloo masala	Full fried Egg / Chocos Boiled Black Chana Semiya upma Groundnut chutney	Omelette / Oats Boiled peas Masala Dosa Sambar Chutney	Scrambled egg / Cornflakes Boiled white chana Onion Uttapam Sambar Coconut chutney	Boiled egg / Chocos Boiled peanut Macaroni Cutlet Tomato Sauce	Omelette/ Oats Boiled white chana Pesarattu-Upma Sambar Tomato chutney	Full fried egg / Cornflakes Green Gram Sprouts Rava Dosa Sambar Groundnut chutney
	<b>Plain Rice, Phulka, Curd, Salt, Sugar, Papad/ Fryums</b>						
<b>LUNCH</b>	Cucumber carrot salad Aloo capsicum (dry) Methi matar malai (gravy) Radish Sambar Gongurathoviyal	Beetroot tomato salad Bhindi fry (dry) Guthi vankaya (gravy) Tomato dal Pepper Rasam Mint Thoviyal	Radish cucumber salad Aloo jeera (dry) Kara kuzhambu (gravy) Mix Veg Sambar Ridge Gourd Thoviyal	Cucumber carrot salad Paruppu podi Ghee Lauki ki sabzi (dry) Gobi aloo masala(gravy) Palak dal Tomato rasam Curry Leaf Thoviyal	Beetroot tomato salad Brinjal Raw Banana (dry) Rajma masala (gravy) Drumstick Sambar Gongura Thoviyal	Radish cucumber salad Pumpkin Black Chana (dry) Ridge gourd tomato(gravy) Toor dal Pepper rasam Tomato Thoviyal	Onion lemon Cucumber sal Paneer Dum biryani Tomato Rasam Mix veg Raita Custard bread
<b>SNACKS</b>	<b>Tea, Coffee &amp; Milk</b>						
	Biscuit Packet	Veg cutlet - 2 no	Masala boiled chana	Veg puff/Bread Pakora	Sev puri	Samosa -1 no	Banana Cake
	<b>Plain Rice, Sugar, Salt, Papad/ Fryums</b>						
<b>DINNER</b>	Veg pulao Kofta curry Roti & Dal Rava kesari salad	Veg Dum Biryani Raita Roti Dal Badam milk Papaya	Pudina Chapathi Kadai paneer Garlic Rasam Carrot halwa Salad	Ghee Rice Soya matar curry Mix Veg Sambar Buttermilk Roti & Dal Boiled Sweet corn	Gobi paratha Green Chutney Drumstick sambar Ragi drink Salad	Sambar Rice Curd Rice Roti Dal Horlicks Potato chips Banana fruit	Plain chapathi Gobi Peas Masala Drumstick Sambar Buttermilk Salad