

Days	Breakfast	Lunch	Dinner	Snacks
MONDAY	WADA	CARROT & CUCUMBER SALAD	LACHA PARATHA	CORN SAMOSA
	TOMATO BATH	GHEE ROTI	PANEER BUTTER MASALA	BOILED PEANUTS
	BROWNIE	EGG CHETTINAD	STEAMED RICE	WATERMELON JUICE
	TEA	KADAI VEG	VANGI BATH	ELAICHI TEA
	COFFEE	JEERA RICE	RASAM	COFFEE
	BOOST	STEAMED RICE	DAL MAKHANI	TOMATO KETCHUP
	MILK	TOMATO DAL	CURD , PICKLE	
	CORN FLAKES	PEPPER RASAM	CUT FRUITS	
	GINGER CHUTNEY	TOMATO PACHADI		
	PEANUT CHUTNEY	GULAB JAMUN		
	SAMBAR	CURD		
TUESDAY	MASALA UTHAPPAM	VEG SALAD	GHEE ROTI	ONION PAKODI
	VEG POHA	POORI	PALAK CORN CURRY	BOILED CHANNA
	BLUEBERRY MUFFINS	ALOO KURMA	CABBAGE 65 RICE	MUSKMELON JUICE
	TEA	BEANS MOONDAL PORIYAL	STEAMED RICE	GINGER TEA
	COFFEE	MINT ONION RICE	MANGO DAL	
				COFFEE
	BOOST	STEAMED RICE	RASAM	
	MILK	DOSAKAYA DAL	AVAKAYA PACHADI & GHEE	
	CHOCOS , BOILED EGGS	PEPPER RASAM	CURD	
	BOMBAY CHUTNEY	ONION RED CHILLI PACHADI	CUT FRUITS	
	PEANUT CHUTNEY	DOUBLE KA MEETHA		
	SAMBAR	CURD		
WEDNESDAY	MYSORE BONDA	CARROT & CUCUMBER SALAD	ONION & LEMON SALAD	MASALA MAGGI
	PONGAL	GHEE ROTI	HYDERABADI CHICKEN DUM BIRYANI	CHUDWA
	BANANA CAKE	GOBI TOMATO CURRY	PANEER DUM BIRYANI	LEMON WATER WITH SABJA
	TEA	ALOO MUDHA	3 IN 1 SALAN	ZAFFRANI TEA
	COFFEE	BROWN ONION PULAO	STEAMED RICE	COFFEE
	BOOST	STEAMED RICE	PAPPU CHARU	
	MILK	GONGURA DAL	RAITHA	
	CORN FLAKES	PEPPER RASAM	CUTFRUITS	
	GINGER CHUTNEY	CURD		
	SAMBAR	TOMATO PACHADI		
	PEANUT CHUTNEY	SHEER KURMA		
		5.1-1.1.5		
THURSDAY	MASALA & KARAM PESARATTU	KHEER & BEETROOT SALAD	GHEE PULKA	PAV BHAJI
ITIONODAT	VEG POHA	CHAPATHI	MUSHROOM MASALA	GREEN PEAS ROAST
		GUTHI VANKAYA		
	CHOCOLATE DONUTS		CORIANDER RICE	LASSI
	TEA	SOYA KHEEMA	STEAMED RICE	GINGER TEA
	COFFEE	TAMARIND PULIHORA	PALAK DAL	COFFEE
	BOOST	STEAMED RICE	CHUTNEY	
	MILK	MAJJIGA CHARU	RASAM	
	CHOCOS, BOILED EGGS	MUDHA PAPPU	CUT FRUITS	
	GINGER CHUTNEY	PAPAD	CURD	
	PEANUT CHUTNEY	MOTICHUR LADDU-		
	SAMBAR	CURD		
FRIDAY	PLAIN/RAGI IDLY	ONION & CARROT SALAD	GHEE PULKA	MASALA WADA
	SEMIYA BATH	CHAPATHI	ALOO TOMATO CURRY	SEASONED LOBIYA
	VANILLA MUFFINS	EGG PULUSU	BELL PEPPER RICE	BUTTERMILK
	TEA	VEG KANDHARI	STEAMED RICE	ELAICHI TEA
	COFFEE	PEAS PULAO	YELLOW DAL TADKA	COFFEE
	BOOST	STEAMED RICE	PAPPU CHARU	
	MILK	TOMATO DAL	CURD	
	CHOCOS	MINT RASAM	CUT FRUITS	
	COCONUT CHUTNEY	CURD	GONGURA PACHADI	
			GONGONA FAORADI	
	SAMBAR	CHUTNEY		
CATURDAY	MACALA & OUEE 1// E 1//	DOODH PEDA	OUEE BUILD	BUNIACIO
SATURDAY	MASALA & GHEE KARAM DOSA	CARROT & BEETROOT SALAD	GHEE PULKA	BUN MASKA
	VEG UPMA	CHAPATHI	DUM SOYA KHEEMA PULAO	SPROUTS SALAD
	TEA	ALOO VEPUDU	3 IN 1 SALAN	ORANGE TANG
	COFFEE	MILONI TARKARI	STEAMED RICE	GINGER TEA
	BOOST	AVAKAYA RICE	TOMATO DAL	COFFEE
	MILK	STEAMED RICE	RASAM	BUTTER
	CORNFLAKES	MUDHA PAPPU	CURD RICE WITH FRIED CHILLIES	
	GINGER CHUTNEY	MAJJIGA CHARU	CUT FRUITS	
	PEANUT CHUTNEY	AVAKAYA PACHADI	FRYUMS	
	SAMBAR	BELLAM JILEBI		
		CURD		
SUNDAY	ALOO PARATHA	ONION AND LEMON SALAD	SET DOSA	PANIPOORI
	SABUDANA KICHIDI	CHICKEN DUM KA MURGH	KAJU KICHIDI	DAHIPOORI
	TEA	KADAI PANEER	PEANUT CHUTNEY, TOMATO CHUTNEY	LEMON WATER WITH SABJA
	COFFEE	BAGARA RICE	SAMBAR	GINGER TEA
	BOOST	STEAMED RICE	STEAMED RICE	COFFEE
	MILK	DALCHA	PALAK DAL	
	CHOCOS	RASAM	CURD	
	TOMATO KURMA	ONION GONGURA PACHADI	PICKLE	