KADAMBA MESS MENU _ FIRST AND THIRD WEEK											
MEAL	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
BREAKFAST	ITEM 1	UTTAPAM	MIXED VEG PARATHA	MEDU WADA	IDLY	PESARATTU/DOSA	ALOO PARATHA	MIX VEG IDLY			
	ITEM2	PONGAL/UPMA	CORN FLAKES	VEG POHA	BREAD BUTTER JAM	DALIYA UPMA	SEMIYA UPMA	BREAD BUTTER JAM			
	ACCOMPANIMEN T	SAMBAR	КНАТТА МЕЕТНА	SAMBAR	SAMBAR			SAMBAR			
		CHUTNEY GINGER	CHUTNEY PALLI	CHUTNEY COCONUT	CHUTNEY PALLI	GINGER CHUTNEY	CHUTNEY PALLI	CHUTNEY COCONUT			
	NON VEG	BOILED EGGS	OMLET	BOILED EGGS	OMLET	BOILED EGGS	BOILED EGG	OMLET			
	MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK			
	HOT BEVERAGE	TEA / COFFEE	TEA / COFFEE								
	FRUIT	MUSK MELON	BANANA	WATER MELON	PAPAYA	PAPAYA	PINEAPPLE	BANANA			
LUNCH	SALAD	GREEN	RAITA	ONION AND LEMON	GREEN	KOSAMBARI	PEANUT	ONION WITH LEMON			
	CURRY 1	BHINDI DO PYAZA	MIX VEG PORIYAL	CHHOLEY	CABBAGE DRY	KARELA FRY	DONDA FRY	BEETROOT PORIYAL			
	CUURY 2	LOBIYA MASALA	MUTTER PANEER	SALAN RAITA	KOFTA CURRY	RAJMA	KADI	WHITE BATANA			
	FLAVOURED RICE	LEMON RICE		BIRYANI				BIRYANI			
	NON VEG			CHICKEN BIRYANI				CHICKEN BIRYANI			
	DAL	PALAK DAL	YELLOW DAL	DAL TADKA	GREEN MOONG DAL		BLACK CHANA				
	SWEET				SWEET			SWEET			
	EVERYDAY	RICE, PHULKA	RICE, PHULKA	RICE, PHULKA	RICE, PHULKA	RICE, PALAK PHULKA	RICE, PHULKA	RICE, PHULKA			
		CURD KHICHDI	CURD KHICHDI								
		SAMBAR	SAMBAR	SAMBAR	SAMBAR	SAMBAR	SAMBAR	SAMBAR			
	CHUTNEY	PUDINA COCONUT CHUTNEY	TOMATO CHUTNEY	DONDA CHUTNEY	DASAKAYA CHUTNEY	CABBAGE CHUTNEY	GONGURA CHUTNEY	KOTMIR PUDINA HARI CHUTNEY			
	NON SPICY DAL & VEGETABLES	NON SPICY DAL & VEGETABLES	NON SPICY DAL & VEGETABLES								

MEAL	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACKS	ITEM	SAMOSA WITH CHUTNEY	COLESLAW SANDWICH	PUNGULU	СНААТ	PAV BHAJI	PASTA WITH WHITE SAUCE	BHEL POORI
	HOT BEVERAGE	TEA / COFFEE	TEA / COFFEE	TEA / COFFEE	TEA / COFFEE	TEA / COFFEE	TEA / COFFEE	TEA / COFFEE
DINNER	ITEM 1	CABBAGE	BRINJAL	PANEER BUTTER MASALA	SOYA MASALA	PALAK PANEER	CAPSICUM ALOO	DUM ALOO
	ITEM 2	TOORAI CHANNA	ALOO MUTTER	CARROT PORIYAL	ALOO METHI	PUMKIN BLACK CHANA	KADAI VEG	MIX VEG KORMA
	FLAVOURED RICE							FRIED RICE
	DAL	DAL FRY	DAL MAKHANI	DAL TRIVENI	PALAK DAL	DAL	DAL	DAL TADKA
	SWEET		SWEET				SWEET	
	ROTI	PHULKA	TANDOORI / BUTTER NAAN	СНАРАТІ	PHULKA	СНАРАТІ	POORI	PHULKA
	EVERYDAY	RICE, FRYUMS	RICE	RICE, FRYUMS	RICE	RICE, FRYUMS	RICE, FRYUMS	RICE, FRYUMS
		CURD, KHICHDI	CURD, KHICHDI	CURD, KHICHDI	CURD, KHICHDI	CURD, KHICHDI	CURD, KHICHDI	CURD, KHICHDI
	NON VEG	CHICKEN (DRY)			EGG CURRY	WET CHICKEN CURRY		
	CHUTNEY	DOSAKAYA CHUNEY	ONION CHUTNEY	CABBAGE CHUTNEY	GONGURA CHUTNEY	DONDA CHUTNEY	TOMATO CHUTNEY	SORAKAYA CHUTNEY
	RASAM	MAJJIGA PULUSU	SAMBAR		PEPPER RASAM	TOMATO RASAM	PACCHI PULUSU	
	SOUP			TOMATO SOUP				HOT AND SOUR SOUP
	SWEET	SEMIYA KHEER, LADOO, CUSTARD, DOUBLE KA MEETHA, KALA JAMOON, HALWA, JALEBI						