

Yuktahaar Kendra Menu - Spring 2025

MEAL	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	ITEM1	Raagi Idly	Veg. Upma+chilla	Whole Wheat Bread	Semiya Upma	Vegetable Idly	Veg Poha	Upma
	ITEM2	Raajgira + Badam Milk (Keep badam and milk separate)	Raagi	Hummus+ Salad + Foxtail (Korralu) Millet Poha	Raagi	Raajgira + Oats	Plain daliya	Dahi Poha
	ACCOMPANIMENTS	Sambhar + Cocount chutney	Groundnut Chutney	Tomato Chutney	Putana Chutney	Sambhar + Tomato chutney/Coconut chutney	Coconut chutney	Tomato Chutney
	DAILY	Milk + Sprouts / Masala Sprouts + Almonds + Seasonal Fruits + Daliya						
LUNCH	SPECIAL RICE	Tamarind Rice	Curd Rice	Brown Rice	Veg Pulao	Brown Rice	Barnyard (Udalu) Millet Rice	Foxtail (Korralu) Millet Pulao
	ROTI	Live Methi Roti	Live Multi Grain Roti	Live Roti	Live Basen ki Roti	Live Roti	Live Jawari Roti/Bhajra Roti	Live Roti
	DAAL	Green whole Moongdal Tadka	Tomato dal	Dal Fry	Gongura dal	Rajma	Masoor Dal	Aloo Matar + Pumpkin (Jain)
	VEGETABLE	Mix Veg Paneer	Beans & Carrot Poriyal	Aloo Methi		Beetroot Poriyal	Masala Gobi	Black Chana Curry
	EXTRA		Masala Papad	Palak Paneer	Mah chhole	Dahi Kadhi	Sambar	Rasam
	CHUTNEY	Ridge gourd chutney	Gongura Chutney		Chutney	Cabbage Chutney	Dosakai chutney	Tomato Chutney
	BEVERAGE			Butter Milk			Butter Milk	Butter Milk (When Daliya Sweet)
	SWEET	Rice Kheer With Jaggery			Semiya Payasam (Without Sabudana)			Daliya Sweet / Fruit Custard
	DAILY	Plain Rice + Kichidi + Salad						
DINNER	RICE	Tomato Rice	Idly	Jeera Rice	Brown Rice	Ragi sangati	Masala Khicidi	Corn & Peas Pulao
	ROTI	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti
	DAAL	Rajma / Soya Bean	Moong dal tadka	Leafy Mix dal / Panchrang Dal [with and without onion]	Daal Makhni	Lobiya	Black Urad Dal / Soya Bean	Black Masoor Dal
	VEGETABLE	Bhendi	Lauki	Cabbage Porial (Patta Gobi)	Flat Beans / Gaur Phalli	Thurai	Dry mix veg	Mutter Paneer
	EXTRA	Rasam	Sambar		Sambar/ Gatte ka Sabji			
	CHUTNEY	Coriander Chutney	Tomato Chutney	Donda Chutney	Palli Podi	Pudina + Tomato chutney	Chutney	Coconut podi
	SWEET			Raagi laddu / Rawa laddu		Flaxseed+Peanut Laddu	Gajar ka Halwa	
	DAILY	Milk + Kichidi + Salad						

All the food items should mandatorily be less oily and spicy. Salad = Cucumber/Tomato + Carrot/Beetroot + Lemon + Onion

Note: Khichdi at all times will be made from Brown Rice

Note: All efforts are made to follow the menu, still it is subject to change based on availability of vegetables and other raw materials in the market.