

Sample Menu - Annexure - 3 (for reference)

	Date	04-Oct	05-Oct	06-Oct	07-Oct	08-Oct	09-Oct	10-Oct
Day	Description	11 Oct 21 <i>Monday</i>	12 Oct 21 <i>Tuesday</i>	13 Oct 21 <i>Wednesday</i>	14 Oct 21 <i>Thursday</i>	15 Oct 21 <i>Friday</i>	16 Oct 21 <i>Saturday</i>	17 Oct 21 <i>Sunday</i>
BREAKFAST	Item 1	Uthappam	Idly	mutter poha	makai vermicilly	Aloo Paratha	Mysore Msl Dosa	aloo sandwich (Tava Toast)
	Item 2	Mix Fruit Juice	Vada	Aloo Boonda	Moong Dal Cheela	Fruits		Bhel Upma
	Chutney	Sambar	Sambar	Tomato Ketchup	Tomato Ketchup	Curd	Sambar	Tomato Chutney
		Peanut Chutney	Coconut Chutney	mint chutney	coconut Chutney	red chutney	Coconut Chutney	
				Boiled Egg		pickle	banana milkshake	Boild egg
	BREAD	Bread	Bread	Bread	Bread	Bread	Bread	Bread
	BUTTER	Butter	Butter	Butter	Butter	Butter	Butter	Butter
	JAM	Jam	Jam	Jam	Jam	Jam	Jam	Jam
	TEA	Tea	Tea	Tea	Tea	Tea	Tea	Tea
	COFFEE	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
MILK	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
LUNCH	Sweet/fruit	Chocolate Pastry	kala jamoon	Fruit Custard	strawberry Ice Cream	jalebi	Sewai Kheer	Vanilla Ice cream
	INDIAN BREAD	chapati	Ajwain Chapathi	Poori	Chapathi	Dal Chapathi	Chapathi	Bature
	VEG GRAVY	Veg Kolhapuri	Mutter Paneer	aloo bhaji	Gatte ki Sabzi	rajma masala	Punjabi Kadi	Pindi Chole
	VEG DRY/STARTERS	Cabbage mutter	tindli fry	veg poriyal	Aloo Jeera	Honey Chilli Potato	Aloo pyaaz Capsicum	Lauki Chana dry
	FLAVOURED RICE/PASTA	Lemon Rice	Tomato Rice	Veg Dum Biryani	Tamarind Rice	Mexican Rice	Khaju paneer Biryani	Corn Peas Pulav
	WHITE RICE	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice	plain rice	Plain Rice
	DAL	Yellow Dal	Green Moong Dal	Dal Makhani	Yellow moong Dal	dal palak	tomato dal tadka	Dal Tadka
	RASAM/SAMBAR	Tomato Rasam	Onion Sambar	Drumstic Sambar	Tomato Sambar	Palak Sambar	Tamarind Rasam	Veg Sambar
	URD/RAITHA/BUTTERMIL	Butter Milk	Curd	Veg Raita	Curd	Curd	Boondi Raita	curd
	SALAD/SPROUTS	Sprout Salad	Green Salad	Tossed Salad	sour cream cucumber	black chana chat	veg Corn Salad	Green Salad
	PAPAD/FRYMES	Papad	Frymes	Papad	Frymes	Papad	frymes	Papad
	PICKLE	Pickle	Pickle	Pickle	Pickle	Pickle	Pickle	Pickle
	SUGAR	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
	SALT	Salt	Salt	Salt	Salt	Salt	Salt	Salt
	SAUNF	Saunf	Saunf	Saunf	Saunf	Saunf	Saunf	Saunf
HIGH TEA	TEA	TEA	TEA	TEA	TEA	TEA	TEA	TEA
	COFFEE	COFFEE	COFFEE	COFFEE	COFFEE	COFFEE	COFFEE	COFFEE
	MILK	MILK	milk	MILK	MILK	MILK	MILK	MILK
	SNACKS	Tea Cake (30gms, 1no)	Veg Sandwich (2 triangles)	Corn cheese balls (30gms x 2nos)	bhel puri (one plate)	Samosa (60gms, 1no)	Veg Cutlet (30gms x 2nos)	Punugulu (5pcs)
	SAUCE		tomato ketchup	tomato ketchup	chutney	chutney	tomato ketchup	red chilli chutney
		limited	limited	limited	limited	limited	limited	limited
DINNER	SWEET/FRUIT	Suji/Kesar ka halwa	rasamalai	badam puri	gulab jamoon (hot)	ButterScotch Icecream	mysore pak	Badam Milk(cold)
	INDIAN BREAD	Methi Chapathi	Chapathi	Chapathi	Pudina Chapathi	chapati	palak Chapathi	Chapathi
	VEG GRAVY	aloo butter masala	lauki do pyaza masala	bhagara baingan	Paneer Butter Masala	veg shahi sabzi	rajma masala	dahi arbi
	VEG DRY	Bhendi Kurkuri	pu dina aloo tikka	vada / pav	karela chips	soya chilly gobi	kali mirch phool gobi	golden crispy babycorn
	FLAVOURED RICE	veg dum biryani	Schezwan Noodles		Jeera Mutter Pulav	Aloo Dum Biryani	Garlic Fried Rice	Veg Noodles/ Ketchup
	WHITE RICE	Plain Rice	Plain Rice	plain rice	Plain Rice	Plain Rice	plain rice	plain rice
	DAL	Masoor Dal tadka	Tomato dal	yellow dal tadka	arhar dal tadka	Dal Makhani	yellow dal tadka	Yellow Dal
	RASAM/SAMBAR	Palak Sambar	veg sambhar	brinjal sambar	Onion Sambar	Brinjal sambar	Jeera Rasam	drumstick sambar
	URD/RAITHA/BUTTERMIL	veg raitha	sweet lassi	curd	curd	cucumber raita	curd	curd
	SALAD/SPROUTS	green Salad	three bean salad	Green Salad	veg Corn salad	Green Sald	Tossed Salad	Salad
	PAPAD/FRYMES	frymes	Papad	Papad	Papad	Papad	Papad	Papad
	PICKLE	PICKLE	PICKLE	PICKLE	PICKLE	PICKLE	PICKLE	PICKLE
	SUGAR	SUGAR	Sugar	SUGAR	SUGAR	SUGAR	SUGAR	SUGAR
	SALT	SALT	SALT	SALT	SALT	SALT	SALT	SALT
	SAUNF	SAUNF	Saunf	SAUNF	SAUNF	SAUNF	SAUNF	SAUNF

- Chicken dishes are new addition and are not appeared in above sample menu.
- Weekly three Chicken Dry or Gravy dish to be served for non-vegetarians replacing Vegetable Dry or Vegetable Gravy dish (120gms Chicken + 80 gms Gravy)
- Non Veg dishes to be served for dinner only.