

Food Menu

Days	Breakfast	Lunch	Evening snacks	Dinner
Monday	Upma, Sambar, Mattar Curry, Milk/Banana, Tea	Rice, Dal, Mixed vegetable curry, Paneer curry, Papad, Pickle	Tea, Potato croquettes	Rice/roti, Dalma, Chips, sweet and banana
Tuesday	Idli, Sambar, Chutney, Milk / Banana, Tea	Rice, Chips, Chicken curry/Paneer curry, Papad, Pickle	Tea, triangular pastry	Rice/Roti, Dal, Rajma, Kheer and banana
Wednesday	Vada, Mattar Curry, Milk/Banana, Tea	Rice, Dal, Fish curry/soybean curry, Salad, Chips and pickle	Tea, Pakora	Rice/Roti, Dalma, Fried vegetable, sweet and banana
Thursday	Poha, Mattar curry, Boiled egg, Milk/Banana, Tea	Rice, Dal, Mushroom curry, Papad and pickle	Tea, Vada	Rice/Roti, Dal, Chick pea curry, sweet and banana
Friday	Poori, Potato curry, Boiled egg, Milk/Banana, Tea	Rice, Dal, Fish curry/ Mix vegetable, Chips, Papad and pickle	Tea, Bread chop	Rice/ Roti, Dal, Mixed vegetable curry, sweet and banana
Saturday	Upma, Sambar, Mattar curry, Milk/Banana, Tea	Rice, Dal, Egg curry, Pointed gourd curry, Fried vegetable, Papad and pickle	Tea, Potato croquettes	Rice/roti, Dal, Soybean curry, sweet and banana
Sunday	Poori, Dum potato curry, pickle, Milk/Banana, Tea	Rice, Chips, Chicken curry/Paneer curry, Papad and pickle	Tea, Triangular pastry	Rice/roti, Dal, Chick pea curry, kheer and banana