

Day	Breakfast	Lunch	Snacks	Dinner
<b>Monday</b> Kerala Kitchen	Velleppam - Veg. Stew, Cornflakes with Milk.	Plain Rice, Daal with Drumsticks curry, Thoran, Pappad, Curd, Semia Payasam.	Milk/Boiled Banana.	Wheat Porotta, Egg Roast.
<b>Tuesday</b> International Day	Noodles & Cornflakes with Milk.	Ghee Rice, Chicken 65, Plain Rice, Daal curry, Cut fruits.	Seasonal Fruit Juice.	Chappathy, Veg Curry.
<b>Wednesday</b> Chennai Specials	Idly, Chatni, Sambar, Oats.	Plain Rice, Sambar, Thoran, Chapathi & Curry (thali), Green peas Curry & Parippu Payasam.	Sweet Lessy.	Chicken Biryani.
<b>Thursday</b> Continental Dishes	Bread, Omlet (Sandwich), Tomato Sauce Milk with Cornflakes.	Fried Rice, Fish Fry, Gobi / Manchurian, Salad, Tomato Sauce, Fruit Salad.	Horlicks.	Pathiri, Fish Masala
<b>Friday</b> North Indian Specials	Poori Masala Cornflakes with Milk.	Veg. Pulav, Veg. Curry, Curd, Salad & Pappad.	Seasonal Fruit Juice, Bread toast.	Ghee Rice, Pan But Masala
<b>Saturday</b>	Chappathi, Veg Kuruma, Salad, Cornflakes with milk.	Plain Rice, Fish type Veg Curry, Toran, Masala Curry, Butter Milk, Small Banana.	Lemon Juice & Biscuits.	Egg Fried Rice

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<b>Monday</b> Kerala Kitchen	Uppuma, Banana & Sugar & Hot Milk.	Plain Rice, Moru curry, Thoran, Aviyal, Pappadam, Payasam.	Bru Coffee & Banana Fritters.	Wheat Porotta, Chicken Curry.
<b>Tuesday</b> International Day	Bread Sandwich, Tomato Sauce Milk with Cornflakes.	Pulav, Chilly Fish, Salad. Veg Curry & Pineapple Pieces.	Seasonal Fruit Juice & Bread Toast.	Chappathi, Veg. Curry.
<b>Wednesday</b> Chennai Specials	Dosa, Coconut Chutni, Tomato Chatni, Milk with Boost	Plain Rice, Rasam, Thoran, Masala Curry, Pappad & Sweets.	Juice & Parippu vada.	Ghee Rice, Mashroom Masala.
<b>Thursday</b> Continental Dishes	Idly Vada, Sambar, chutney, Cronflakes with milk.	Ghee Rice, Chicken curry, Paneer Muttur Masala & Seasonal Cut Fruits.	Milk & Veg Bonda.	Pathiri, Egg masala.
<b>Friday</b> North Indian Specials	Poori Masala, Cornflakes with Milk.	Plain Rice, Chapathy(single), Channa Curry, Rasam, Thoran & Curd.	Seasonal Fruit Juice , Biscuits.	Egg Porotta, Cut Fruits.
<b>Saturday</b>	Noolappam, Green Peas Curry.	Plain Rice, Daal with Drumsticks curry, Thoran, Pappad, Curd. & Small Banana.	-	Veg Fried Rice, Pinapple Piece.

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<b>Monday</b> Kerala Kitchen	Puttu, Kadala curry & Banana, Cornflakes with Milk.	Rice, Daal with Drumsticks curry, Thoran, Olan, Pappad, Butter Milk, Payasam	Seasonal Fruit Juice & Bread Toast.	Oothappam, Chutney, Veg Salad
<b>Tuesday</b> International Day	Noodles & Cornflakes	Ghee Rice, Chicken 65/ Plain Rice, Daal & Kesari	Boost.	Chappathy, Chicken Curry
<b>Wednesday</b> Chennai Specials	Idly, Chatni, Sambar, Oats	Plain Rice, Sambar, Thoran, Single Chapathi & Curry (thali), Green peas Curry, Wheat Payasam.	Juice & Uzhunnu vada	Wheat Porotta, Egg Masala
<b>Thursday</b> Continental Dishes	Bread, Omlet (Sandwich), Tomato Sauce Milk with Cornflakes.	Fried Rice, Fish Fry/Gobi Manchurian, Salad & Kesari.	Milk & Biscuits.	Appam, Fish Curry.
<b>Friday</b> North Indian Specials	Uttappam, Sambar, Tomato Chutney. Cornflakes with Milk.	Plain Rice (White Rice), Dal Curry, Potato/Ladies finger thoran, Curd, Fruits.	Seasonal Fruit Juice, Snacks.	Chicken Biriyani
<b>Saturday</b>	Dosa, Chatni, Sambar, Oats	Plain Rice, Daal with Drumsticks curry, Thoran, Pappad, Curd. & Small Banana.	Boost, Parippu Vada.	Porotta, Chilly Chicken.

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<b>Monday</b> Kerala Kitchen	Noolappam, Cheru Payar Curry, Corn flakes with milk.	Plain Rice, Sambar, Payar Thoran, Erissari, Pappad, Semiya Payasam.	Seasonal Fruit Juice & Bread Toast.	Masala Dosa, Chutney, Sambar.
<b>Tuesday</b> International Day	Bread Sandwich, Tomato Sauce Milk with Cornflakes.	Ghee Rice, Chicken fry/Gobi Manchoorian, Salad, Seasonal Cut Fruits.	Horlicks.	Ghee Rice, Gobi Manjuria.
<b>Wednesday</b> Chennai Specials	Veg. Thattu Dosa, Cheru payar curry, Corn flakes with milk	Plain Rice, Daal with Drumsticks curry, Kaya Thoran, Butter Milk, Pappad, Parippu Payasam.	Boost & Bonda.	Chicken Fried Rice.
<b>Thursday</b> Continental Dishes	Puttu, Kadala Curry, Corn flakes with milk.	Rice, Moru curry, Fish Curry/Gobi Manjuria, Rasam, Pappad, Rice Payasam.	Horlicks, Parippu Vada.	Appam, Egg Masala.
<b>Friday</b> North Indian Specials	Appam, Egg Curry, Corn flakes with milk.	Rice, Veg. curry (fish type), Payar thoran, Rasam, Pappad, Kesari.	Milk with Veg. Bonda.	Veg. Fried Rice, Fruits.
<b>Saturday</b>	Veg. Dosa, Chutney, Sambar.	Egg. Fried Rice, Salad	Boost.	Pathiri, Chicken Curry.

Verified by:

Approved by:

Cook: