

FOOD MENU 2017 - 18

DAY & DATE	Monday 05.02.2018	Tuesday 06.02.2018	Wednesday 07.02.2018	Thursday 08.02.2018	Friday 09.02.2018	Saturday 10.02.2018	Sunday 11.02.2018
Breakfast	Uppuma, Egg Curry, Cornflakes with cold milk, Toast, Butter Jam, fruits, Hot Boost, Tea.	Iddly, tomato, Chutney, Sambar, porridge, Toast Butter, Jam, Fruits, Scrambled Egg, Hot Horlicks, Tea.	Homestyle Dosa, Chutney, Sambar, Toast, Cornflakes with cold milk, Butter, Jam, Fruits, Hot Boost, Tea.	Appam, Vegetable mappas, Porridge, toast, Butter, jam, Fruits, Hot Horlicks, Tea.	Iddly, Chutney, Sambar, Toast, butter, jam, Cornflakes with cold milk, Fruits, Hot Horlicks, Tea.	Poori, Bhaji, Toast, Butter, Jam, Porridge, Fruits, Hot boost, Tea.	Masala Dosa, Chutney Sambar, Chocos with cold milk, Fruits, Toast, butter, jam, Fried Egg, Coffee.
Morning Snack	Coleslaw Sandwich, Fresh juice, Tea.	Green Gram Dal, Hot Horlicks, Tea.	Channa Bun, Fresh Juice, Tea.	Tomato Cheese Roll, Hot Boost, Tea.	Vegetable S/W, Fresh Juice, Tea.	Cake, Fresh Juice, Tea.	Cookies, Fresh Juice, Tea.
LUNCH	Salad, Chappathi, Plain rice, Channa Masala, Dry vegetable Masala, Curd, Biscuits Pudding.	Salad, Corn & Tomato Pulao, Plain rice, Chicken Monaco, Sauted vegetable, Curd, Cut fruits(Apple)	Salad, Chamba Rice, Plain rice, Fish Curry, Avial, Rasam, Ada Pradhaman.	SALADBAR, Plain rice, Rajmah chat, Vendakai, Mulagu Curry, Fruit Chat.	Salad, Vegetable Pulao, Plain rice, Kadai Chicken, Aloo Capsicum, Curd, Coconut Pudding.	Soya Biryani, Raitha, Pickle, Pappad, Cut Fruits (Pineapple).	Salad, Chamba rice, Plain rice, Fish curry, Rasam, mezhukkuperatty, rasam, Vermicelli kheer.
Evening Snack	Chicken Roll, Fresh Juice, Tea.	Fresh Fruits, Fresh Juice, Tea.	Vegetable Pizza, Fresh juice, Tea.	Fresh Fruits, Fresh juice, Tea.	Dates cake, Fresh Juice, Tea.	Bakery special, Coffee.	Fry Items, Coffee.
Dinner	Salad, Chappathi, Plain rice, Green Chicken Curry, Gobi Kaju Capsicum, Dal Masalawali, dessert.	Salad, Chappathi, Plain rice, Egg masala, vegetable jal Fraizy, Kali dal, Dessert.	Salad, Chicken Shawarma, Falefal, plain rice, Dal fry, Mezhukkuperatty, Dessert.	Salad, chamba Rice, Plain Rice, Plain rice, Fish Vattichathu, Snack gourd foogath, Green Gram Dal, Dessert.	Salad, Macroni Cheese, Plain rice, Mixed Vegetable Khorma, Rajmah dal, Dessert.	Salad, Chappathi, Plain rice, Chicken Ularthiyathu, hoki Muttor, Dal fry, Dessert.	Salad, Chappathi, Plain rice, Chicken masala, Aloo cabbage, Dal Lasooni, Dessert.
Snack	Mango Shake fruits, Lime Juice, hot milk.	Badam shake, Fruits, Lime juice, Hot Milk.	Strawberry shake, Fruits, Lime juice, Hot Milk.	Pista shake, Fruits, Lime juice, Hot Milk.	Chocolate Shake, Fruits, Lime juice, Hot Milk.	Badam Shake, Fruits, Lime juice, Hot Milk.	Mango shake, Fruits, Lime Juice, Hot Milk.