

FOOD MENU 2016 - 17

DAY & DATE	Monday - 17.04.2017	Tuesday - 18.04.2017	Wednesday - 19.04.2017	Thursday -20.04.2017	Friday - 21.04.2017	Saturday - 22.04.2017	Sunday - 23.04.2017
Breakfast	Appam, egg masala, cornflakes with coldmilk, fresh juice, Fresh fruit, toast, butter, Jam, hot horlicks, tea.	Home style Dosa, Chutney, Sambar, Porridge, Toast, butter, jam, fresh juice, fresh fruit, Tea.	Iddly ,Chutney, Sambar, Toast butter, Jam, Cornflakes with cold milk, Fresh juice, fresh fruit, Tea, Scrambled Egg.	Homestyle Dosa , Chutney, Sambar, Porridge , Fresh Juice, Fresh Fruit, Toast , Butter, Jam,Tea.	Iddly, Chutney, Sambar, Cornflakes with H/cold milk , Fresh juice, fresh fruit, toast, Butter, Jam,Tea,	Ghee Roast, Chutney, Sambar, Toast, butter, Jam, Porridge , Fresh juice, Fresh fruit, Hot Horlicks, Tea.	Masala Dosa, Chutney, Sambar, Chocos with cold milk, Toast, butter Fresh Juice, Fresh fruit, Hot Horlicks, Fried egg, Coffee.
Morning Snack	Brown Bread coleslaw sandwich, fresh juice, tea.	Green Gram dal sundel, Hot Horlicks, Tea.	Channa Bun, Fresh Juice	Cheese stick, Hot boost, Tea.	Wheat vegetable sandwich, Fresh juice, Tea.	Cookies, Fresh Juice, Tea.	Cake, Fresh Juice, Tea.
LUNCH	Salad , Chappathi, Plain rice, Channa Masala, Snakegaurd foogath, Curd, Coconut pudding.	Salad, peas pulao, plain rice, chicken monaco, Sauted vegetable, Curd, Cut fruits.	Salad, Chamaba rice, Plain rice, Fish curry, Mixed vegetable thoran, Morucurry, Kadala payasam.	Salad, Iddly, vada, Chutney, Sambar, Plain rice, Thoran, Curd, Vermicelli kheer.	Salad, Jeera pulao, Plain rice, Chicken vindaloo, Dry vegetable masala, Dessert.	Veg: Biryani, Plain rice, Boiled Egg, Raitha, Pickle, Pappad, Dal fry, cut fruits(Pineapple).	Salad, Chamba rice, Plain rice, Fish curry, Mezhukkuperatty, Rasam, Payasam.
Evening Snack	Veg: Pizza, Fresh Juice, Tea.	Chicken Roll, Fresh Juice, Tea.	Soya Bun, Fresh Juice, Tea.	Fruits, fresh Juice, Tea.	Banana Cake, Fresh juice, Tea.	Bananna fritters, Fresh juice, Tea.	Bakery Special, Coffee.
Dinner	Salad, Mushroom pulao, Plain rice, Butter Chicken, Dry vegetable masala, Dal fry, dessert.	Salad, Chappathi, Plain rice, Mushroom muttor, Onion ball with makhani curry, dal fry , Dessert.	Salad, Egg fried rice, Plain rice, Fish in Oyster sauce, Stir Fried vegetable, Dal fry, Dessert.	Salad, Chamba rice, Plain rice, Fish vattichathu, Mezhukkuperatty, Dal fry, Dessert.	Salad, Chappathi, Plain rice, Vegetable Khorma, Bhindi masala, Dal fry, Dessert.	Salad, Chicken Burger, vegetable Burger, Potato Wedges, Plain rice, Dal Fry, Dessert.	Salad, Chappathi, Plain rice, Channa masala, Sukhi subji, Dal fry, Dessert.
Snack	Strawberry Shake, Fruits , Lime juice.	Mango Shake, Fruits , Lime juice.	Chocolate Shake, Fruits , Lime juice.	Pista Shake, Fruits , Lime juice.	Mango shake, Fruits , Lime juice.	cold coffee, fruits, lime juice, Hot milk.	Badam shake Fruits , Lime juice.