FOOD MENU 2017 - 18

DAY & DATE	Monday - 17.07.2017	Tuesday - 18.07.2017	Wednesday -19.07.2017	Thursday -20.07.2017	Friday - 21.07.2017	Saturday - 22.07.2017	Sunday - 23.07.2017
Breakfast	Appam, Egg Masala, Hot Bournvita, Fresh Fruits, Toast, Butter, jam, Tea, Porridge.	Iddly, chutney, sambar, cornflakes with cold milk & hot milk, Hot bournvita, Toast, butter, jam, fresh fruit, Tea.	Homestyle Dosa, Chutney, sambar, Porridge, butter jam, Hot bournvita, fresh fruit, Tea.	Iddly ,Chutney, Sambar, Cornflakes with cold milk & hot milk, Fresh fruits, Hot Bournvita, Scrambled egg,Tea.	Home style Dosa, Chutney, samabar, Porridge, Fresh fruit, Toast butter jam, Hot bournvita, Tea.	Poori Bhaji, Hot Boost, Chocos with cold milk , Fresh fruit, Toast, Butter Jam, Tea.	Masala Dosa, Chutney, Sambar, Porridge,Toast, butter,jam, Fresh fruit, Hot bournvita, Fried egg,Coffee.
Morning Snack	Channa Bun, Fresh Juice, Tea.	Green gram Dal sundel, Hot Boost , tea.	Cheese stick, Fresh Juice, Tea.	Vegetable sandwich, Hot bournvita, Tea.	Seed Bun, Fresh juice, tea.	Cookies, Fresh Juice, Tea.	Cake, fresh juice Tea
LUNCH	Salad, methi chappathi, plain rice, kadai vegetable, dal palak, curd, Fruit Triffle.	Salad, Leeks & shallots pulao, Plain rice, chicken Monaco, okra chick peas in Tomato sauce, curd, cut fruits.	Salad, Chamba rice, Plain rice, Fish curry, Mixed vegetable foogath, Pulisserri, Ada Pradhaman.	Salad, Pav Bhaji, Plain rice, Rajmah Dal, Curd, carrot kesari.	Salad, Chappathi, Plain rice, Chicken chettinadu, Gobi Muttor dry, curd, Coconut Pudding.	Salad, soy Chunk biryani, plain rice, dal, Raitha pickle, pappad, Cut fruits.	Salad, Chamba rice, Plain rice,Fish Curry, Mezhukkuperatty, Rasam, Payasam.
Evening Snack	Chicken Pizza , Fresh Juice, Tea.	Fresh Fruits, Fresh juice, Tea.	Banana cake, Fresh juice, Tea.	Fresh Fruits, Fresh juice, Tea.	Kozhukkatta, Fresh Juice, tea.	Bakery Special Fresh Juice, Tea.	Fry items, Coffee.
Dinner	Salad, Mushroom, Peas pulao, plain rice, Palak Chicken, Gobi kaju capsicum, Dal Dessert.	Salad, Chappathi, Plain rice, Egg makhani, Baigan masala, dal thaduka , Dessert.	Salad,Grilled Chicken, Grilled Paneer(veg), Humoose, Garlic Bread, Khuboose, Pickle, Mayonnaise, Plain rice, Dal Methi, Dessert.	Salad, Chamba rice, Plain Rice, Fish vattichathu, mixed vegetable thoran, Dal , Green gram, Dessert.	Salad, kishmish Pualo, plain rice, Egg mappas, bhindi Masala, Dal thaduka, Dessert.	Salad, Chicken Burger, vegetable Burger, Potato Wedges, Plain rice, Dal fry , Dessert.	Salad, Chappathi, plain rice, Channa masala , Egg Burgee, Thoran, Dessert.
Snack	Cold coffee, fruit, Lime juice, Hot milk.	Cold Coffee , Fruit, Lime juice, hot Milk.	Cold Coffee , Fruit, Lime juice, hot Milk.	Cold Coffee , Fruit, Lime juice, hot Milk.	Cold Coffee , Fruit, Lime juice, hot Milk.	Cold Coffee , Fruit, Lime juice, hot Milk.	Cold Coffee , Fruit, Lime juice, hot Milk.