



# MERIDIAN

Connecting the Mind and Heart  
Road No. 7, Banjara Hills, Hyderabad.



## WEEK - I

Days	Breakfast	Lunch			
		Main Course	Vegetables	Salads	Dessert
Monday	Puri, Alu Curry	Pudina Rice, Plain Rice	Mix. Veg Curry, Cucumber Sambar, Gongura, Chutney, Curd	Carrot, Keera Salad	Banana
Tuesday	Idly, Chutney, Sambar	Roti, Plain Rice	Palak Dal, Cabbage Curry, Rasam, Curd	Keera Salad	Papaya
Wednesday	Sandwich (Jam & Cole slaw), Poha, Chutney	Roti, Plain Rice	Bottle Gourd Curry, Drumstick Sambar Pickle, Curd	Carrot Salad	Suji Halwa
Thursday	Set Dosa, Chutney, Sambar	Tomato Rice, Plain Rice	Dondakaya Kurma, Raitha, Chutney, Sambar	Sweet Corn Salad	Banana
Friday	Tomato bath, Chutney, Sprouts	Roti, Plain Rice	Dal Makhani, Yam Fry, Rasam, Brinjal Chutney, Curd	Carrot Salad	Watermelon
Saturday	Cornflakes, Milk, Pulihora, Chutney	Roti, Plain Rice, Curd Rice	Alu Palak Curry, Sambar, Pickle	Carrot, Keera Salad	Sweet Pongal

TEACHERS MESS COMMITTEE MEMBERS STUDENTS

## WEEK - II

Days	Breakfast	Lunch			
		Main Course	Vegetables	Salads	Dessert
Monday	Vada, Ginger Chutney, Sambar	Lemon Rice, Plain Rice	Bhagara Baingan, Raitha, Sambar, Tomato Chutney, Curd	Carrot, Keera salad	Payasam
Tuesday	Sandwich (Jam & onion tomato) Wheat rawa Upma, Chutney	Roti, Plain Rice	Lobia dal, Dondakai dum fry, Rasam, Curd, Chutney	Pumpkin with Curd	Pineapple
Wednesday	Idly, Coconut Chutney, Sambar	Roti, Plain Rice	Chukkakura Dal, Rasam Bhenidi Curry, Chutney, Curd	Green Salad	Banana
Thursday	Dosa, Sambar, Chutney	Veg. Biryani, Plain Rice	Mirchi Ka Salan, Sambar, Curd rice	Keera, Beetroot Salad	Watermelon
Friday	Poha, Tomato Chutney, Sprouts	Roti, Plain Rice	Cucumber Dal, Rasam, Alu Palak, Curd, Chutney	White Mayannoise, Macaroni, Salad	Banana
Saturday	Corn Flakes, Chocos, Milk, Pulihora	Roti, Plain Rice	Soya Granules Curry, Pappu Charu, Chutney, Curd	Carrot, Keera Salad	Moong Dal Payasam

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## WEEK - III

Days	Breakfast	Lunch			
		Main Course	Vegetables	Salads	Dessert
Monday	Puri, Chole	Karipatha Rice, Plain Rice	Alu Capsicum(wet), Radish Sambar, Curd, Tomato Chutney	Krinchi Salad	Banana
Tuesday	Idli, Chutney, Sambar	Roti, Plain Rice	Cabbage dal, Bhenidi Masala, Rasam, Chutney, Curd	Sweet Corn Salad	Gulab Jamun
Wednesday	Poha, Sprouts, Tomato Chutney	Noodles, Plain Rice, Curd Rice	Veg. manchuria(wet), drum stick sambar	Keera Salad	Banana
Thursday	Uttapa, Pongal, Chutney, Sambar	Plain Rice	Tomato dal, beans, Rasam, Chutney, Curd	Carrot, Keera, Beetroot salad	Papaya
Friday	Sandwich (Jam, Cole slaw), Veg. upma, Chutney	Roti, Plain Rice	Veg. Kadai, Sambar, chutney, Curd	Sprouts Salad	Suji Halwa
Saturday	Pulihora, Tomato Chutney	Roti, Plain Rice	Rajma dal, pappu charu, curd, Chutney	Keera Salad	Banana

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## WEEK - IV

Days	Breakfast	Lunch			
		Main Course	Vegetables	Salads	Dessert
Monday	Bread Bajji, Upma, Coconut Chutney	Tomato Rice, plain Rice	Mix.Veg Kurma, Sambar, Pudina chutney, curd	Carrot, Keera salad	Watermelon
Tuesday	Idli, Chutney, Sambar	Roti, Plain Rice	Brinjal semiwet curry, Tomato Dal, Rasam, Chutney, Curd	Grated carrot salad	Banana
Wednesday	Puffed Rice, Upma, Tomato Chutney	Pav Bhaji, Plain Rice, Curd Rice	Drumstick Sambar	Carrot, Keera Salad	Payasam
Thursday	Sandwich Bread (Jam & Pudina) Sprouts	Roti, Plain Rice	Alu Methi Fry, Mudda pappu, Rasam, Chutney, Curd	Sweet corn, Macaroni Salad	Papaya
Friday	Dosa, Chutney, Sambar	Veg. Palav, Plain Rice	Tomato Gravy, Sambar, Curd	Carrot, Keera Beet root Salad	Pineapple
Saturday	Corn Flakes, Milk, Chutney, Pulihora	Roti, Plain Rice,	Meal Maker Curry, Sambar, Curd Rice	Carrot, Keera salad	Banana

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## WEEK - V

Days	Breakfast	Lunch			
		Main Course	Vegetables	Salads	Dessert
Monday	Vada, Ginger Chutney, Sambar	Coconut Rice, Plain Rice	Alu Cauliflower Masala, Sambar, Chutney, Curd	Sweet Corn Salad	Banana
Tuesday	Idli, Chutney, Sambar	Roti, Plain Rice	Palak Dal, Beans Fry, Rasam, Chutney, Curd	Carrot, Keera Salad	Double ka Meeta
Wednesday	Pongal, Tomato Rice, Chutney	Roti, Plain Rice	Dal Makhani, Pickle, Rasam, Cabbage Curry, Curd	Grilled Salad	Water melon
Thursday	Dosa, Sambar, Chutney	Veg. Fried Rice, Plain Rice	Paneer Butter Masala, Sambar, Curd	Carrot Salad	Banana
Friday	Chocos, Cornflakes, Milk, Tomato Bath, Chutney	Roti, Plain Rice	Thota Kura Dal, Rasam, Alu Methi Curry, Curd	Sweet Corn Capsicum Salad	Papaya
Saturday	Sandwich (Jam & Cole slaw) upma, Chutney	Methi Roti, Plain Rice	Capsicum Curry, Sambar, Chutney, Curd Rice	Carrot, Keera salad	Pineapple

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**Note: - Subject to change due to availability**