

1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Week

**Lunch**

<b>Day</b>	<b>Breakfast</b>	<b>Main Course</b>	<b>Salad</b>	<b>Dessert &amp; Fruits</b>
<b>Mon</b>	Cornflakes With Milk & Vermicelli Upma with Tomato Chutney	Chinese Fried Rice, Veg Manchuria Gravy, Plain Rice, Drumstick Sambar, Curd Rice & Vegetable Chutney	Assorted Vegetable Salad	Banana
<b>Tue</b>	Idly, Coconut Chutney, Sambar	Veg Pulao, Aloo Capsicum Kurma, Plain Rice, Pumpkin Sambar, Curd Rice & Chutney	Sprouts, Carrot, Cucumber Salad	Melon
<b>Wed</b>	Vada With Ginger Chutney, Sambar	Roti, Thota Kura/ Palak Dal, Cabbage Fry, Plain Rice, Rasam, Curd Rice & Vegetable Chutney	Cucumber Salad	Semiya Payasam / Sooji Pineapple Halwa
<b>Thu</b>	Sandwich & Vegetable Upma	Roti, Paneer Butter Masala, Plain Rice , Sambar, Curd Rice & Chutney	Steamed Sprouts & Peanut, Cucumber Salad	Papaya
<b>Fri</b>	Onion Uttapam / Dosa, Groundnut Chutney	Bisibelebath with Papad / Tomato Rice with Raita, Plain Rice, Bendakaya Pulusu, & Ridge Gourd Chutney, Curd	Assorted Vegetable Salad	Kaddu Ka Kheer / Moongdal Jaggery Kheer
<b>Sat</b>	Puri, Aloo Curry / Chole	Carrot Beans Poriyal, Plain Rice, Kadi Pakodi / Boondi, Plain Toor Dal & Mango Pickle		Banana

2<sup>nd</sup>, 4<sup>th</sup> Week

**Lunch**

<b>Day</b>	<b>Breakfast</b>	<b>Main Course</b>	<b>Salad</b>	<b>Dessert &amp; Fruits</b>
<b>Mon</b>	Cornflakes With Milk & Pongal, Coconut Chutney	Noodles and Sweet Sour Vegetable, Plain Rice, Radish Sambar, Curd Rice & Dosakai Chutney	Cucumber Salad	Banana
<b>Tue</b>	Idly, Coconut Chutney, Sambar	Pav Bhaji, Plain Rice, Sambar, Curd Rice & Vegetable Chutney	Green Salad	Water Melon
<b>Wed</b>	Pudhina, Jam Sandwich & Puffed Rice Upma	Roti, Meal Maker Curry / Dal Makani, Plain Rice, Vegetable Sambar, Curd Rice	Sweet Corn Salad	Carrot Halwa / Double Ka Meeta
<b>Thu</b>	Dosa / Onion Uttapam, Groundnut Chutney & Sambar	Vegetable Biryani, Mirchi Ka Salan / Bagara Baingan, Plain Rice, Sambar, Raita	Steamed Sprouts & Peanut, Cucumber Salad	Papaya
<b>Fri</b>	Puri with Aloo / Chole	Pudina & Coriander Rice, Raita, Ridge Gourd & Channa Dal Curry, Plain Rice, Bendakaya Karam Pulusu	Mixed Vegetable Salad	Fruit Salad
<b>Sat</b>	Poha, Tomato Chutney	Roti, Tomato Cabbage Curry, Green Moong Dal Masala, Rasam Plain Rice, Curd Rice		Banana