

Breakfast Menu

Tamil / Kannadiga	Maharashtra	Punjabi	Andhra	South Indian	North Indian	Chef's Choice
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
<u>4 Sept</u> Tea Pongal Brinjal Gosthu	<u>5 Sept</u> Tea Peanut Poha Coconut Mint Chutney	<u>6 Sept</u> Tea Aloo Paratha Green chutney	<u>7 Sept</u> Tea, Podi Uthapam Tomato Onion Chutney	<u>8 Sept</u> Tea Masala Idly Chutney Sambar	<u>9 Sept</u> Tea Puri Aloo Bhaji	<u>10 Sept</u> Tea Set Dosa Vada Curry
<u>11 Sept</u> Tea Khara Bath Peanut Chutney	<u>12 Sept</u> Tea Veg Upma Coconut Chutney	<u>13 Sept</u> Tea Methi paratha Curd Pickle	<u>14 Sept</u> Tea Onion Uthapam Chutney	<u>15 Sept</u> Tea Idly Sambar Chutney	<u>16 Sept</u> Tea Mint Puri Masala Chana Masala	<u>17 Sept</u> Tea Mysore dosa Sambar Chutney
<u>18 Sept</u> Tea Rava Idly Veg sagu	<u>19 Sept</u> Tea Veg Kichdi Kara Boondi	<u>20 Sept</u> Tea Lacha Paratha Curd Pickle	<u>21 Sept</u> Tea Mini Uthapam Sambar	<u>22 Sept</u> Tea Masala Idly Dal Chutney	<u>23 Sept</u> Tea Bhatura Chana Masala	<u>24 Sept</u> Tea Dosa Vada Curry
<u>25 Sept</u> Tea Semiya Coconut Chutney	<u>26 Sept</u> Tea Kanda poha Mint chutney	<u>27 Sept</u> Tea Mint Paratha Curd Pickle	<u>28 Sept</u> Tea Chilli Uthapam Peanut Chutney	<u>29 Sept</u> Tea Veg idly sambar chutney	<u>30 Sept</u> Tea Palak Puri Aloo Bhaji	<u>1 Oct</u> Tea Upma Coconut Chutney

Mid Morning Menu

North Indian	South Indian / Andhra	Hyderabadi	Punjabi	Gujrati / Rajasthani	Chinese	Chef's Choice
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
<u>4 Sept</u> Water Melon Salad	<u>5 Sept</u> Apple/G- Banan/Grape	<u>6 Sept</u> Papaya Salad	<u>7 Sept</u> Guava/G- Banana/Pear	<u>8 Sept</u> Muskmelon	<u>9 Sept</u> Pineapple	<u>10 Sept</u> Lemon Mint
<u>11 Sept</u> Water Melon Salad	<u>12 Sept</u> Apple/G- Banan/Grape	<u>13 Sept</u> Papaya Salad	<u>14 Sept</u> Apple/G- Banan/Grape	<u>15 Sept</u> Pineapple	<u>16 Sept</u> Muskmelon	<u>17 Sept</u> Bitter Gourd Juice
<u>18 Sept</u> Water Melon Salad	<u>19 Sept</u> Apple/G- Banan/Guava	<u>20 Sept</u> Pineapple	<u>21 Sept</u> Pear/G- Banana/Oran ge	<u>22 Sept</u> Papaya Salad	<u>23 Sept</u> Muskmelon	<u>24 Sept</u> Melon Mint
<u>25 Sept</u> Water Melon Salad	<u>26 Sept</u> Apple/G- Banan/Guava	<u>27 Sept</u> Papaya Salad	<u>28 Sept</u> Orange/Grap e/G.Banana	<u>29 Sept</u> Muskmelon	<u>30 Sept</u> Papaya Salad	<u>1 Oct</u> Mosambi Juice

September 2023



Lunch Menu

Tamil / Kannadiga	Maharashtra	Punjabi	Andhra	South Indian	North Indian	Chef's Choice
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
4 Sept Steamed Rice/ Chapati Radish Sambar Garlic Rasam Cabbage Dal kootu	5 Sept Steamed Rice/ Chapati Spinach dal Tomato Rasam Gobi Peas	6 Sept Veg Biryani/ Chapati Chettinad veg Kurma Pumpkin halwa Raitha	7 Sept Steamed Rice/ Chapati Carrot bean Sambar Plain Rasam Aloo palak	8 Sept Steamed Rice/ Chapati Mor Kozhambu Coriander rasam Carrot palya	9 Sept Steamed Rice/ Chapati Aloo Brinjal Sambar Ginger lemon rasam Chow Chow Kootu	10 Sept Steamed Rice/ Chapati Okra Sambar Dal Rasam Yam kootu
11 Sept Steamed Rice/ Chapati White pumpkin Sambar Tomato rasam Beans poriyal	12 Sept Steamed Rice/ Chapati Pudalankai Kootu Plain Rasam Potato Palya	13 Sept Veg briyani/ Chapati Brinjal Yam Curry Kesarbath Raitha	14 Sept Steamed Rice/ Chapati Mangalore Cucumber Sambar Pepper Rasam Beetroot Poriyal	15 Sept Steamed Rice/ Chapati Mixed Sprout Kootu Jeera Rasam Mix Veg Palya	16 Sept Steamed Rice/ Chapati Murunagi Bassaru Plain Rasam Mix Veg poriyal	17 Sept Steamed Rice/ Chapati Buttermilk Sambar Rasam Bitter Gaurd Poriyal
18 Sept Steamed Rice/ Chapati Carrot beans sambar Tomato Rasam Yam kootu	19 Sept Steamed Rice/ Chapati Masoor Dal Rasam Cabbage Kootu	20 Sept Ambur Biryani/ Chapati Aloo chana masala Moongdal Payasam Raitha	21 Sept Steamed Rice/ Chapati Drumstick sambar Dal rasam Aloo matar dry	22 Sept Steamed Rice/ Chapati Okra mor kuzhambu Coriander rasam Ridge Gourd poriyal	23 Sept Steamed Rice/ Chapati Bitter gourd masala Thili Rasam Pumpkin Thoran	24 Sept Steamed Rice/ Chapati Chayote sambar Kalyana Rasam Snake Gourd poriyal
25 Sept Steamed Rice/ Chapati Raw mango Sambar Garlic Rasam Cabbage Dal kootu	26 Sept Steamed Rice/ Chapati Spinach dal Tomato Rasam Gobi Peas	27 Sept Veg Biryani/ Chapati Chettinad veg Kurma Aval Payasam Raitha	28 Sept Steamed Rice/ Chapati Carrot bean Sambar Plain Rasam Aloo palak	29 Sept Steamed Rice/ Chapati Cucumber Mor Kozhambu Coriander rasam Carrot palya	30 Sept Steamed Rice/ Chapati Aloo Brinjal Sambar Ginger lemon rasam Chow Chow Kootu	1 Oct Steamed Rice/ Chapati Okra Sambar Dal Rasam Yam kootu

Snacks Menu

North Indian	South Indian / Andhra	Hyderabadi	Punjabi	Gujrati / Rajasthani	Chinese	Chef's Choice
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
4 Sept Raw Banana Bajji Chutney	5 Sept White Channa	6 Sept Onion Pakora Chutney	7 Sept Pattani Sundal	8 Sept Samosa Green Chutney	9 Sept Boiled Peanut Chaat	10 Sept Mysore Bonda Chutney
11 Sept Mixed Sprout Sundal	12 Sept Cabbage Pakora Chutney	13 Sept Sweet Channa Sundal	14 Sept Onion Samosa Ketchup	15 Sept Black Channa Sundal	16 Sept Aloo Bonda Chutney	17 Sept Karamani Sundal
18 Sept Onion Bonda Chutney	19 Sept Sweet Potato	20 Sept Chilli Bajji Chutney	21 Sept Bhel Puri	22 Sept Aloo Tikki Mint Chutney	23 Sept Boiled Peanut	24 Sept Vada Pav
25 Sept Mixed Bajji Chutney	26 Sept White Channa	27 Sept Gobi 65 Green Chutney	28 Sept Kadai Pav	29 Sept Brown Chana	30 Sept Aloo Samosa Ketchup	1 Oct Horse Gram

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Dinner Menu

Tamil / Kannadiga	Maharashtra	Punjabi	Andhra	South Indian	North Indian	Chef's Choice
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
4 Sept Mixed Salad Aloo Paratha/Rice Chilka Dal Mix Veg Makhani	5 Sept Lemon CC Salad Chapati/Rice Sprout Dal Gobi Soya Kurma	6 Sept Lemon Pepper Cucumber Butter Phulka/Rice Green Chutney Dum aloo	7 Sept Mixed Salad Chapati/Rice Methi Dal Baingan Bharta	8 Sept Barley and Lentils Veg Soup Phulka/Rice Keede Dal Mix Veg Sabji	9 Sept Carrot Salad Chapati/Rice Mixed Veg Channa Masala	10 Sept Cucumber Salad Ajwain paratha/Rice Palak Soup Curd
11 Sept Green Salad Spinach Chapati/Rice Curd Kadi pakora	12 Sept Carrot Salad Chapati/Rice Plain Dal Bhindi Masala	13 Sept Onion& Cucumber Salad Methi Chapati/Rice Gujarati dal Aloo Matter Masala	14 Sept Mixed salad Chapati/Rice Methi Dal Guwar Phali Ki Sabzi	15 Sept Manchow Soup Betroot Chapati/Rice Channa Dal Cabbage Kurma	16 Sept Tomato& Carrot Salad Butter Phulka/Rice Mysore Dal Cabbage Kurma	17 Sept Mixed Salad Gobi Parata/Rice Curd Dal tadka
18 Sept Cucumber Salad Aloo Paratha/Rice Black Dal Curd	19 Sept Hung Curd Salad Chapati/Rice Rajma Dal Gobi matar	20 Sept Mixed Salad Butter Phulka /Rice White Vatana Dal Brinjal masala	21 Sept Chickpea Salad Chapati/Rice Black Dal Gawar Phali Ki Sabzi	22 Sept Sweet Corn Veg Soup Phulka/Rice Lobia Masala Mix Veg	23 Sept Carrot Salad Chapati/Rice Veg Makhani Sprouts Dal	24 Sept Mixed Bean Salad Ajwain Paratha/Rice Mix Dal Curd
25 Sept Mixed Salad Chilka Dal Beetroot Chapati/Rice Mix Veg Makhani	26 Sept Lemon CC Salad Sprout Dal Chapati/Rice Gobi Soya Kurma	27 Sept Lemon Pepper Cucumber Green Chutney Gobi Parata/Rice Curd	28 Sept Mixed Salad Methi Dal Chapati/Rice Baingan Bharta	29 Sept Spinach Soup Keede Dal Jolada rotti/Rice Mix Veg Sabji	30 Sept Carrot Salad Mixed Veg Butter Fulka/Rice Channa Masala	1 Oct Cucumber Salad Palak Soup Aloo Paratha/Rice Curd