

FOOD MENU

Menu for 1st week

Day	Breakfast	Lunch	Salad	Dessert/Fruit
Monday	-Muesli with milk & honey -Tomato bath -Putnal & coconut chutney	-Roti -Paneer burji -Plain Rice -Carrot & drumstick sambhar -Beerakaya chutney -Beerakaya/Ridge gourd curry -Curd	Vegetable salad	Papaya
Tuesday	-Rava Idli (made with mustard seeds, chana dal and cumin) -Peanut Chutney -Sambar -karampodi with ghee	- Butter Roti - Lasooni dal tadka -Plain Rice -Cabbage poriyal -Tomato Rasam -Mix veg chutney -Curd/Raitha	Sprouts salad	Pineapple
Wednesday	-Poori with besan curry -Veg upma with coconut chutney	-Lemon rice -Plain Rice -Dondakaya masala -Fryums -Veg Sambar -Bottlegourd chutney -Curd	Sliced cucumber, carrot & onion	Watermelon
Thursday	-Ragi Dosa -Sambhar -Coconut Chutney -Pallikaram with ghee	-Pav Bhaji -Plain Rice -Bhindi fry -Sambhar -Coriander & mint chutney -Curd rice	Chickpeas salad	Banana
Friday	-Peanut butter + Jam sandwich -Vermicelli upma with tomato chutney	-Schezwan Fried rice -Veg Manchuria dry (gravy option) -Red chilli sauce -Plain rice -Coriander rasam -Dondakai chutney -Curd	Carrot salad	Sheer kurma
Saturday	-Vada	-Roti	Beetroot salad	Muskmelon

	-Ginger chutney -Sambhar Badam milk	-Kadai Vegetable curry with onion gravy -Plain Rice -Tomato rasam -Gongura pachadi -Curd		
Menu for 2nd week				
Day	Breakfast	Lunch	Salad	Dessert & Fruit
Monday	-Poori with chole -Poha with peanut chutney	-Tamarind Pulihora -Plain Rice -Aloo with green peas kurma -Vegetable Sambhar -Duskai chutney -Curd	Cucumber & Tomato salad	Watermelon
Tuesday	Vegetable idli Coconut chutney Sambhar	-Butter roti -Paneer do pyaza -Plain Rice -Cabbage poriyal -Rasam -Brinjal chutney -Curd	Green salad	Banana
Wednesday	Chocos with milk & honey Millet Pongal Putnalalu pachadi	-Peas Pulao -Plain Rice -Drumstick Sambhar -Mix veg kurma -Dondakaya with peanuts -Beerakaya chutney -Cucumber raitha	Chana salad	Pineapple
Thursday	-Veg cheese Sandwich -Wheat rava upma -Tomato chutney	-Dal Makhni -Jeera rice -Pepper rasam -Plain Rice -Carrot green peas poriyal -Coriander chutney -Curd	Beetroot salad	Muskmelon
Friday	Masala Dosa Tomato Peanut chutney Podi Sambhar	-Roti -Paneer butter masala -Plain rice -Sambar	Kimchi salad	Carrot Halwa

	Badam milk	-Majjiga pulusu -Cabbage chutney		
Saturday	-Veg Upma -Mixture kaara -Tomato chutney	-Carrot rice -Fryums -Beans poriyal -Plain rice -Kaddu masala -Rasam -Dondakaya chutney -Curd	Mix veg salad	Papaya

Menu for 3rd week

Day	Breakfast	Lunch	Salad	Dessert/Fruit
Monday	-Kattu Pongal -Peanut Chutney & -Muesli with milk & honey	-Butter roti -Palak Paneer -Plain Rice -Sambhar -Gongura chutney -Curd	-Cucumber & carrot salad	Ragi laddoo with jaggery
Tuesday	-Uttapam Putnalalu chutney Sambar	-Jeera rice -Dal Tadka -Plain rice -Dondakaya fry -Pepper rasam -Tomato chutney -Boondi Raita	Veg protein salad	Papaya
Wednesday	-Poha with vegetables Coconut chutney -Bread & Jam	-Roti -Meal maker curry -Aloo fry -Vegetable Sambhar -Mint chutney -Curd	Chickpeas salad	Banana
Thursday	-Poori with aloo green peas kurma	-Dadojnam/Curd rice with pomegranate -Papad -Methi dal with tomatoes -Bhindi Rasam -Plain Rice -beetroot chutney	Green salad	Watermelon
Friday	Idli with karam podi & butter Peanut chutney Sambar	-Mix veg noodles -Veg Manchuria (wet) -Plain rice	Aloo chana chaat	Gulab jamun

		-Beerakaya/Ridge gourd curry -Drumstick sambar -Dosakaya chutney -Curd		
Saturday	Tomato bath Coconut chutney sambar	-Roti - Cowpeas/Bebbarlu -Aloo cauliflower fry -Plain rice -Pepper Rasam -Brinjal chutney -Curd	Macroni capsicum salad	Pineapple

Menu for 4th week

Day	Breakfast	Lunch	Salad	Dessert/Fruit
Monday	Whole wheat flakes with milk & honey & Vermicelli upma Putnalalu pachadi	-Carrot & beans fried rice -Roti -Andhra style paneer curry -Plain rice -Dondakaya fry -Rasam -Duskai chutney -Curd	Julin mixed salad	Watermelon
Tuesday	-Set dosa -Peanut chutney -Sambar	-Roti -Veg kolhapuri -Plain rice -Moong dal with cabbage poriyal -Duskai sambar -Bottlegourd chutney -Curd	3 peas salad	Papaya
Wednesday	-Idli & Vada combo -Coconut chutney -Podi with ghee	-Bagara rice -Soya mutter curry -Plain rice -Sambar -Tomato & onion raita -Brinjal curry -Curry leaves chutney	Caesar salad	Banana

Thursday	-Poori with mix veg kurma -Upma Coconut chutney	-Roti -Rajma masala -Plain rice -Sambar -Carrot beans poriyal -Gongura chutney -Curd	Kosambari salad	Pineapple
Friday	-Veg sandwich -Poppat rice	-Veg Dum Biryani -Mirchi ka Salan -Plain Rice - Bottlegourd/Sorakaya curry -Tomato Rasam -Cucumber & Onion Raita -Mint chutney	Sprouts salad	Peserpappu payasam
Saturday	-Corn Mint Poha -Coconut chutney -Wheat rava upma	-Roti -Plain rice -Beerakaya with chana dal -Kandagadda fry -pepper rasam -beetroot chutney -curd	Cucumber salad	Muskmelon

Menu for 5th week

Day	Breakfast	Lunch	Salad	Dessert/Fruit
Monday	-Chocolate muesli + milk & honey -Tomato bath Coconut chutney	-Roti -Paneer butter masala -Plain Rice -Beetroot fry -Rasam -Mint chutney -Cucumber raita	Cucumber salad	Peanut chikki
Tuesday	Vada with ginger chutney Sambar	-Schezwan fried rice -Bell pepper with hot pepper sauce -Plain rice -Sambar -Dosakaya chana curry -Bottlegourd chutney -Curd	Cowpeas salad	Watermelon

Wednesday	-Peanut butter & jam sandwich -Pongal -Tomato chutney	-Roti -Tomato pappu -Bhindi fry with peanuts -Plain rice -Rasam -Coriander chutney -Mix veg raita	Sprouts salad	Pineapple
Thursday	-Vegetable idli -Coconut chutney -Podi -Sambar	-Butter roti -Kadai vegetable curry -Plain Rice -Dondakaya fry -Pepper rasam -Brinjal chutney -Curd	Chickpeas salad	Papaya
Friday	-Masala Dosa -Tomato peanut chutney -Sambar -Badam milk	-Veg burger -Plain rice -Sambhar - Goruchikudikaya/ cluster beans curry -Gongura chutney -Tomato & Onion raita	Kimchi salad	Double ka meetha
Saturday	-Poha with peanuts -Wheat rava upma -Tomato chutney	-Plain rice -Pumpkin sambar -Gutti vankaya -Fryums -Curd -Bottlegourd chutney	Beetroot salad	Banana