

# Food Accessibility Policy Document

#### 1. Introduction

At Manipal University Jaipur, we acknowledge that access to nutritious food is a vital component of overall well-being for our students, faculty, and staff. This policy document outlines our dedication to ensuring that everyone within the university community has access to affordable, nutritious, and culturally diverse food choices on campus.

## 2. Objective

The main objective of the Food Accessibility Policy is to cultivate a campus environment that supports the nutritional and physical needs of our community members, while also respecting their varied dietary preferences and requirements. To promote the availability of culturally diverse food options that reflect the diverse backgrounds of the university community, fostering inclusivity and respect for cultural dietary practices.

## 3. Principles

Our approach to food accessibility is shaped by the following guiding principles:

## a. Inclusivity

We aim to provide a variety of food options that cater to a wide range of dietary preferences and requirements, including but not limited to vegetarian, vegan, gluten-free, and other specific dietary needs.

## b. Affordability

We are committed to keeping meal options affordable, ensuring that cost is not an obstacle to accessing healthy and nutritious meals.

#### c. Nutrition

We prioritize the availability of balanced and nutritious food options to promote the health and well-being of our university community.

#### d. Sustainability

We embrace environmentally sustainable food practices, such as sourcing local ingredients whenever possible and implementing food waste reduction measures.

#### e. Collaboration

We actively seek input from stakeholders—including students, faculty, staff, and food service providers—to continually enhance food accessibility on campus.

## 4. Campus Dining Facilities



Manipal University Jaipur shall maintain and oversee a variety of dining facilities on campus, including cafeterias and dining halls. These facilities will adhere to the following guidelines:

#### a. Menu Diversity:

Menus shall offer a diverse range of food options, including international cuisines, to cater to the cultural and dietary preferences of our community.

#### b. Nutritional Information:

Nutritional information for menu items shall be readily available to help community members make informed choices.

#### c. Special Dietary Needs:

Special dietary needs, such as vegetarian, vegan, gluten-free, and allergen-free options, shall be clearly marked and available.

#### d. Pricing:

Meal pricing shall be reasonable and competitive with local off-campus options.

#### e. Sustainable Practices:

Dining facilities shall implement sustainable practices, including reducing single-use plastics, sourcing local and organic ingredients when feasible, and managing food waste responsibly.

#### 5. Student Initiatives

Manipal University Jaipur encourages and supports student-led initiatives that improve food accessibility on campus. Such initiatives may include community gardens, food banks, and meal-sharing programs. The university will provide the necessary space, resources, and administrative backing to support these initiatives.

## 6. Regular Assessment and Improvement

A Food Accessibility Committee will be established to monitor and enhance food accessibility policies and practices on campus. This committee will comprise representatives from students, faculty, staff, and food service providers.

## 7. Communication and Feedback

Manipal University Jaipur will maintain open lines of communication with the university community to solicit feedback and suggestions on food accessibility. Regular surveys and feedback mechanisms will be employed to collect input from students, faculty, and staff.

#### 8. Conclusion

Manipal University Jaipur is dedicated to creating a campus environment where food accessibility is prioritized. This policy document lays the foundation for our ongoing efforts to offer nutritious, affordable, and diverse food options that meet the needs of all members of our university community.

Number	Year	Major Revision
Version 4.0	2024	Nutrition Prioritized
Version 3.0	2022	More Affordable Food Choices
Version 2.0	2021	COVID 19 Regulations
Version 1.0	2020	Initial policy

Approval





# Manipal University Jaipur's Commitment to Affordable and Healthy Food Choices for All

At Manipal University Jaipur (MUJ), we understand that providing affordable, nutritious, and accessible food options is essential for the well-being and success of our students, staff, and campus community. MUJ is dedicated to ensuring that everyone has access to healthy meals that promote academic achievement, enhance physical health, and support overall wellness. Through thoughtful menu planning, partnerships, and campus-wide initiatives, MUJ offers a variety of food options that balance both affordability and nutrition, helping foster a healthy, thriving campus environment.

MUJ offers meal plans at subsidized rates to make nutritious meals more accessible to students. These meal plans provide value-driven options for breakfast, lunch, and dinner, allowing students to enjoy well-balanced meals that fit their budgets. Campus dining services offer a range of affordable menu items, ensuring that healthy choices are available at reasonable prices. From fresh salads to wholesome soups and staple meals, MUJ's dining facilities cater to a variety of dietary preferences without compromising affordability. MUJ regularly introduces student discount programs on select meals and offers food drives during peak academic seasons to alleviate financial pressure on students, ensuring that no one on campus must go without a nutritious meal.

MUJ dining services design menus that emphasize balanced, nutritious options. Meals are prepared using a combination of whole grains, lean proteins, fresh fruits, and vegetables to provide essential nutrients and support a healthy lifestyle. To accommodate diverse dietary needs and preferences, MUJ offers a variety of vegetarian and vegan options, which are both nutritious and affordable. These options not only contribute to a more sustainable food system but also promote heart health and encourage students to try new, health-conscious foods.

MUJ's dining services offer low-sugar, low-fat, and low-sodium menu options, allowing students and staff to make healthier choices. Nutritional information is provided to help individuals make informed decisions about their meals, supporting those who are managing specific dietary needs. MUJ dining facilities source seasonal fruits and vegetables from local farms whenever possible, promoting a fresher and more nutritious dining experience. Local sourcing reduces the time between harvest and consumption, helping to preserve vital nutrients in fresh produce.

MUJ is dedicated to reducing the use of highly processed foods on campus. Instead, we focus on offering meals prepared from scratch, using fresh ingredients that provide more flavor and nutrition without the added sugars, sodium, and preservatives commonly found in processed foods. The university upholds strict food safety and quality standards to ensure that every meal served is safe, nutritious, and prepared with care. Regular inspections and quality control processes guarantee that all dining facilities maintain the highest standards.





MUJ offers workshops and informational sessions on healthy eating, meal planning, and cooking techniques. These workshops help students understand how to maintain a balanced diet on a budget and provide them with skills to make nutritious meals independently. Throughout the academic year, MUJ runs campaigns that promote the benefits of healthy eating and provide tips for making affordable, nutritious food choices. These campaigns encourage students and staff to incorporate healthier foods into their diets and to explore new, nutrient-rich options available on campus. MUJ integrates wellness resources into its campus life, including access to dietitian consultations, health assessments, and wellness guides. These resources help students develop personalized approaches to healthy eating that align with their lifestyle and financial needs.

MUJ values collaboration with local suppliers, businesses, and organizations to enhance the quality and affordability of food choices on campus:

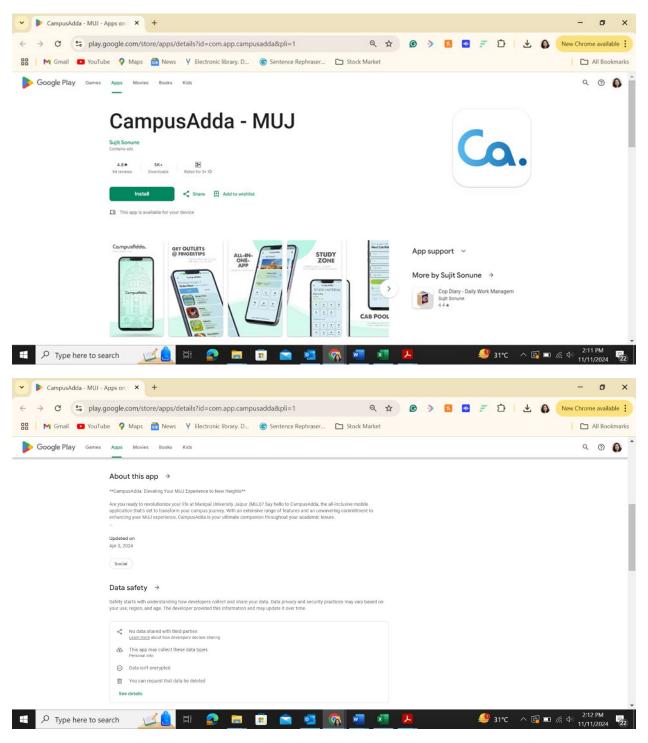
MUJ works closely with local vendors to provide high-quality, affordable produce and other ingredients, ensuring that campus dining services can offer nutritious meals at reasonable prices. These partnerships also strengthen ties with the community and promote regional economic growth. MUJ collaborates with community organizations to support food assistance initiatives, ensuring that no student faces food insecurity. Through these partnerships, the university provides resources and support for students who may need additional assistance in accessing affordable meals. MUJ encourages student involvement in food-related initiatives, including volunteering in community gardens and participating in sustainability-focused clubs. By engaging students in these activities, MUJ fosters a sense of responsibility for sustainable and healthy eating practices.

Manipal University Jaipur's commitment to providing affordable, healthy, and accessible food choices reflects its dedication to the well-being of its campus community. By offering nutritious meals that cater to diverse dietary needs and budgets, MUJ empowers students and staff to make healthier choices, supporting both their academic success and personal growth. Through continued innovation, partnerships, and a strong focus on affordability, MUJ strives to create a campus environment where everyone can enjoy meals that are both nourishing and budget-friendly.





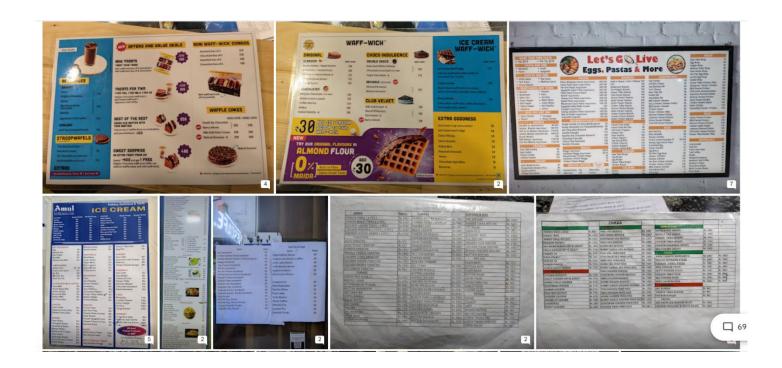
#### Application available on Google Play Store to access food menu at MUJ Campus:







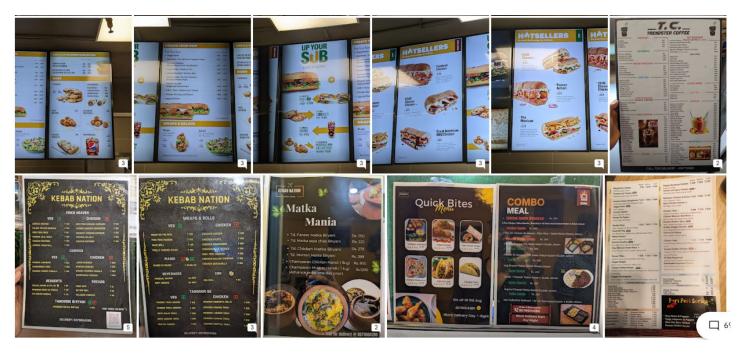
## Affordable Food Menu at MUJ Campus:



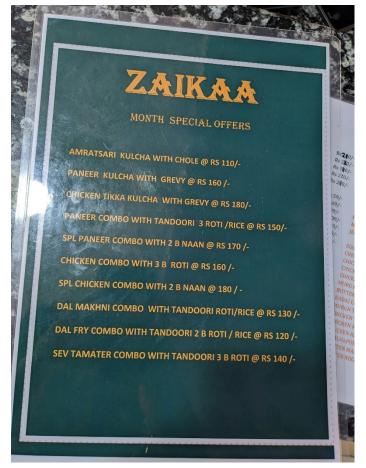
















# Fresh Fruits















## Flavoured Milk



More Options in Fresh Fruits & Flavoured Milk Block Delivery (Day + Night)
7357549601/7734930277









				12			
DATE	19.08.23	20.08.23	21.08.23	22.08.23	23.08.23	23.08.23	25.08.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
	Idli	Aloo payaz PARANTHA	Plain Dosa	Palak poori	Veg partha	Indori POHA	CHANA
Main- I	Pumkin SAMBAR	CURD	Drumstick SAMBAR	Bhaji	Curd	Masala Seviyan	BHATURA
N. A. Sira III	Masala Ots	CORN FLAKS	MASALA DALIYA	Kasri sooji halawa	Corn Flaks		CORN FLAKS
Main- II	COCONUT CHUTNEY		COCONUT CHUTNEY			MINT CHUTNEY	GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
<u> </u>	COLESLAW	POTATO CUCMBER	COLESLAW	POTATO CUCMBER	COLESLAW	COLESLAW	POTATO CUCMBER
EGG	Egg bhurji		BOILED EGG		Egg boiled		BOILED EGG
Fruit	30 3		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
			LUN	NCH (12:00 to 14:30)			
Salad	GREEN SALAD	TOSSED SALAD	GREEN SALAD	SPROUT SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	STEAMED RICE	Jeera PUALO	Plain Rice	Steamed Rice	Veg RICE	Moti Pualo	Lemon RICE
DAL	North Rajma Masala	Dhaba Dal	Chole	KADHI Pakoda	Dal Kolhapuri	Black Chana	Dal panchmel
VEG	Soya chap masala	Mix veg curry	ALOO masala dry	Luki do payaza	Veg koffta curry	Khatta meetha kaddu	papad Vadi ki subzi
Curd/SOUP	curd	Lemon water	BUTTER MILK	RASANA	BUTER MILK	jal jeera	SWEET LASSI
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ masala roti	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ mesi roti	MULTIGRAIN ROTI/ Jeera roti	MULTIGRAIN ROTI/ Poori	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	Disco papad	FRYUMS	Disco papad	FRYUMS	papad	FRYUMS
			H	.T(17:300TO18:30)			
MAIN	veg CHEESE maggi	DOUGH NUT	Indian style Pasta	Chlli potato	Tawa Sandwich	VEG PUFF Roll	KACHORI
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
			DIN	NER(19:30TO21:30)			
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	STEAMED RICE	STEAMED RICE	VEG FRIED RICE
DAL	mix dal	TOOR DAL TADKHA	Mix Dal	Chana Dal	BLACK MASOOR DAL	DAL MAKHANI	MIX MOTI DAL
VEG				BHINDI TO PYAZA		KADHI VEG	
PANEER	MUTTER PANEER	ALOO PARMAL	PALAK PANNER		bhaji chilly paneer		CHILLY PANNER IN HOT GARLIC SAUCE
NON VEG	ANDHRA EGG CURRY		CHICKEN KALI MIRCH		CHICKEN RARA		CHICKEN CHILLY IN HOT GARLIC SAUCE
Dessert		balusai		UMMALI		MOONG DAL HALWA	VEG RAITA
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI



DATE	26.08.23	27.08.23	28.08.23	29.08.23	30.08.23	31.08.23	01.09.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	SET DOSA	Aloo PARANTHA	CORROT IDLI	Palak poori	VADA	VEG POHA	PINDI CHOLE
Widili 1	KERALA SAMBAR	CURD	SAMBAR	Bhaji	SAMBAR	SOOJI MUTTER UPPMA	BHATURA
Main- II	Masala DALIYA	CORN FLAKS	MASALA OTS	SWEET DALIYA	MASAL SEVIYA		CORN FLAKS
IVIAIII- II	COCONUT CHUTNEY		COCONUT CHUTNEY		COCOCNUT CHUTNEY	TOMATO CHUTNEY	GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE
		WHEAT	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	POTATO CUCMBER	COLESLAW	POTATO CUCMBER	COLESLAW	COLESLAW	POTATO CUCMBER
EGG	BOILED EGG		MASALA OMELETTE		Egg boiled		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
			LUNCH (12:0	00 to 14:30)			
Salad	GREEN SALAD	TOSSED SALAD	GREEN SALAD	SPROUT SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	MASALA ONION RICE	Jeera PUALO	VEG Rice	Steamed Rice	ALOO SOYA KI TAHRI	CORN Pualo	TOMATO RICE
DAL	DAL DHABHA	RAJAMA RAS WALA	DAL MAHARANI	PUNJABI BOONDI KADHI	Dal PALAK	Black Chana	Dal panchmel
VEG	SOYA KEEMA MUTTER	KUNDRU MASALA	METHI MUTTER MALI	BAINGAN BHARTA	KOFFTA SAG CURRY	ARBI MASALA	SEV TAMATAR KI SUBJI
Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	BUTER MILK	jal jeera	SWEET LASSI
Bread- I	MULTIGRAIN ROTI/ JEERA ROTI	MULTIGRAIN ROTI/ masala roti	MULTIGRAIN ROTI/ AJWANI ROTI	MULTIGRAIN ROTI/ mesi roti	MULTIGRAIN ROTI/ Jeera roti	MULTIGRAIN ROTI/ Poori	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS
PAPAD	FRIOIVIS	COLOOK FRYOWS	H.T(17:300		LK10INI2	COLOOK FRIOWS	FRIOWIS
MAIN	PALAK DHOKALA	BANANA CAKE	ALOO BONDA	MIX VEG PAKODA	BHEL PURI	ALOO MUTTER PUFF	SPROUT CHAT
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	DINNER(19:	ŕ	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
Salad	CDEEN CALAD / DASTA SALAD	CDEENICALAD	GREEN SALAD	•	CDEENICALAD	PASTA SALAD	CDEENICALAD
Rice Dish	GREEN SALAD/ PASTA SALAD  MASALA RICE	GREEN SALAD Plain Rice	STEAMED RICE	GREEN SALAD Plain Rice	GREEN SALAD STEAMED RICE	STEAMED RICE	GREEN SALAD KASHMIRI VEG BIRYANI
DAL	AMRITSRI CHOLE	DAL KHOLAPURI	LOBIYA	Chana Dal	BLACK MASOOR DAL	DAL FRY	MIX MOTI DAL
VEG	TAWA VEG LIVE	DAL KITOLAT OKI	LOBITA	VEG KHOLAPURI	DEACK WINDOUT DAL	ALOO BHJI	IVIIX IVIOTI DAL
PANEER	PANEER KADHI	GUTTA CURRY	LAL KASHMIRI PANNER	VEG KITOLAFOKI	PANEER KORMA	ALOO BIBI	MALI KOFTA
NON VEG	ROOAFZA / DHAI BHALA/ COLOUR FRYUMES	COTTACORRI	CHICKEN ROGAN WALA		CHICKEN KORMA		KASHMIRI CHICKEN BIRYANI
Dessert	BOONDI WITH RABDI			WALNUT CHOCO BROWNI		BASIN BURFFI	VEG RAITA
Bread- I	MULTIGRAIN ROTI/ KULCHA/ POORI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI



DATE	2.09.23	3.09.23	4.09.23	5.09.23	6.09.23	7.09.23	08.09.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main	MASALA IDLI	ALOO PAYAZ PARANTHA	VEG UTTPAM	MASALA POORI	VADA	РОНА	CHOLE MASALA
Main- I	PUMKIN SAMBAR	CURD	SAMBAR	ВНАЈІ	SAMBAR	INDIAN STYLE MACRONI	BHATURA
Main- II	SWEET DALIYA	CORN FLAKS	MASALA OTS	PINEAPPLE HALWA	SOOJI UPPMA		CORN FLAKS
IVIdIII- II	COCONUT CHUTNEY		COCONUT CHUTNEY		COCOCNUT CHUTNEY	TOMATO CHUTNEY	GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	POTATO CUCMBER	COLESLAW	POTATO CUCMBER	COLESLAW	COLESLAW	POTATO CUCMBER
EGG	EGG BHUJI		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
			LUNCH (1	2:00 to 14:30)			
Salad	GREEN SALAD	TOSSED SALAD	GREEN SALAD	SPROUT SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT CHAT
Rice Dish	MASALA ONION RICE	Jeera PUALO	VEG Rice/HERBS RICE	Steamed Rice	LEMON RICE	STEAMED RICE	TOMATO RICE
DAL	BLACK URAD TADKHA	RAJAMA MASALA	DAL TADKHA	KADHI PAKODA	DAL DHADA	CHANA MASALA	DAL MAHARANI
VEG	BHINDI TO PYAZA	KADHI SOYA MUTTER	PESO PASTA	LAUKI CHANA	KOFFTA CURRY	ALOO BHAJII	ALOO AMRITSARI VADI
Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	BUTER MILK	jal jeera	SWEET LASSI
Bread- I	MULTIGRAIN ROTI/ JEERA ROTI	MULTIGRAIN ROTI/ masala roti	MULTIGRAIN ROTI/ AJWANI ROTI	MULTIGRAIN ROTI/ mesi roti	MULTIGRAIN ROTI/ Jeera roti	MULTIGRAIN ROTI/ Poori	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS
			H.T(17:	300TO18:30)			
MAIN	VEG MAGGI	PAV BHAJI	MASALA VERMICELLI	HAKA NODDLES	PANI PURI	VEG PUFF	KACHORI
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
			DINNER(1	19:30TO21:30)			
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	STEAMED RICE	STEAMED RICE	VEG FRIED RICE/ CHICKEN FRIED RICE
DAL	GREEN MOONG DAL	DAL FRY	LOBIYA	BLACK MASOOR DAL	MOONG MASOOR DAL	DAL FRY	MOTI MIX DAL
VEG				SOYA CHAP TANDOORI		KADAHI VEG	
PANEER	MUTTER PANEER	DUM ALOO KASHMIRI	PANNER MAKHAN WALA		PANEER TIKKA MASALA		CHILLI PANEER
NON VEG	EGG CURRY		CHICKEN TARI		CHICKEN MADRASI		CHILLI CHICKEN
Dessert		RICE PHIRNI		PUDDING		COCONUT LADOO	
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI



DATE	9.09.23	10.09.23	11.09.23	12.09.23	13.09.23	14.09.23	15.09.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	SET DOSA	ALOO PAYAZ PARANTHA	AJWANI POORI	MASALA IDILI	РОНА	VADA	CHOLE MASALA
	PUMKIN SAMBAR	CURD	ALOO BHAJI	SAMBAR	MIX SAUCES PASTA	SAMBAR	BHATURA
Main- II	SWEET DALIYA	CORN FLAKS	SOOJI KA HALWA	SEVIAN UPMA		SOOJI UPPMA	CORN FLAKS
IVIAIII- II	COCONUT CHUTNEY				TOMATO CHUTNEY	COCOCNUT CHUTNEY	GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	POTATO CUCMBER	COLESLAW	POTATO CUCMBER	COLESLAW	COLESLAW	POTATO CUCMBER
EGG	EGG BHUJI		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
				LUNCH (12:00 to 14:30)			
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	SPROUT SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT CHAT
Rice Dish	STEAM RICE	STEAM RICE	LEMON RICE	Steamed Rice	FRIED RICE/STEAM RICE	STEAMED RICE	MUTTER PULAO
DAL	DAL TADKHA	RAJAMA MASALA	DAL MAKHANI	KADHI METHI PALAK	DAL DHADA	CHANA MASALA	TOOR DAL TADKHA
VEG	KHADHAI VEG	SOYA KEEMA MUTTER	BHINDI TO PYAZA	ALOO BAGAIN	VEG MANCHURIAN	KHATTA MEETHA KADDU	TAWA VEG
Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	BUTER MILK	jal jeera	SWEET LASSI
Bread- I	MULTIGRAIN ROTI/ JEERA ROTI	MULTIGRAIN ROTI/ masala roti	MULTIGRAIN ROTI/ AJWANI ROTI	MULTIGRAIN ROTI/ mesi roti	MULTIGRAIN ROTI/ Jeera roti	MULTIGRAIN ROTI/ Poori	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS
				H.T(17:300TO18:30)			
MAIN	VEG MAGGI	INDORI POHA	WALNUT FRUIT CAKE	HONEY CHILLY PATATO	SOOJI UPMA	ALOO PUFF ROLL	BHEL PURI
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
				DINNER(19:30TO21:30)			
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	STEAMED RICE	STEAMED RICE	KASHMIRI VEG BIRYANI
DAL	BLACK MOSSOR DAL	DAL FRY	LOBIYA	DAL MAKHANI	MOONG MASOOR DAL	DAL FRY	MIX MOTI DAL
VEG		ALOO BHUJI		SOYA CHAP MASALA		LAUKI KOFFTA	
PANEER	MUTTER PANEER		KADHAI PANNER		CHICKEN KEEMA MASALA		MALI KOFTA
NON VEG	EGG CURRY		CHICKEN BUTTER MASALA		PANNER LAHORI		KASHMIRI CHICKEN BIRYANI
Dessert		SEVIYA KHEER		PUDDING		M00NG DAL HALWA	VEG RAITA
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI



DSH TYPE   Mondary   Medinorday   Tuesday   Medinorday   Medinord								
Main-II ALDO PARAMTHA MASALA POORI VEG UTTEAM VEG POHA VADA CHOLE MASALA PARAMER ANAPHRA SAMBER CUBD ALOO RHAILI SAMBER SEVIYAN IPPMA SAMBER BHATURA ANAPHRA SAMBER CORN FLAXS PINEAPPIE HALWA SPROUT CHATT TOMATO CHUTNYY COCOCNUT CHUTNYY GREEN CHUTNEY COCOCNUT CHUTNYY CHUT CHUT CHUT CHUT CHUT CHUT CHUT CHUT	DATE	16.09.23	17.09.23	18.09.23	19.09.23	20.09.23	21.09.23	22.09.23
MAIN-II  MAIN-II  MAIN-II  MASALA DALIYA  CORN FLAKS PINEAPPLE HALWA SPROUT CHAT  COCOMUT CHUTNEY  COCOMUT CHUTNEY  COCOMUT CHUTNEY  PLAIN BREAD/WHOLE WHEAT WHEAT WHEAT WHEAT WHEAT WHEAT WHEAT  WHEAT WHEAT  WHEAT  WHEAT  COLESAW POTATO CUCMBER  COLESAW POTATO CUCMBER COLESAW POTATO CUCMBER COLESAW POTATO CUCMBER  COLESAW POTATO CUCMBER COLESAW COLESAW POTATO CUCMBER COLESAW COLESAW POTATO CUCMBER COLESAW C	DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
MAIND DIATYA COORNETCHITTEY  BREAD PLAN BREAD/WHOLE WHEAT PLAN BREAD/WHOLE BLAN BREAD/WHOLE BLAN BREAD/WHOLE BLAN BREAD/WHOLE BLAN BREAD/	Main	CARROT IDLI	ALOO PARANTHA	MASALA POORI	VEG UTTPAM	VEG POHA	VADA	CHOLE MASALA
READ  RIAN BREAD/ WHOLE WHEAT  PLAIN BREAD/ WHOLE WHEAT  PLAIN BREAD/ WHOLE WHEAT  PLAIN BREAD/ WHOLE WHEAT  PLAIN BREAD/ WHOLE WHEAT  PLAIN BREAD/ WHOLE WHEAT  WHEAT  PLAIN BREAD/ WHOLE WHITEA  PLAIN BREAD/ WHOLE WHEAT  PLAIN BREAD/ WHOLE WHITEA  PLAIN BREAD/ WHOLE WHITEA  PLAIN BREAD/ WHOLE WHEAT  PLAIN BREAD/ WHOLE WHITEA  PLAIN BLAIN BLAIN  PLAIN BLAIN BLAIN  PLAIN BLAIN BLAIN BLAIN  PLAIN BLAIN	iviaiii- i	ANDHRA SAMBAR	CURD	ALOO BHAJI	SAMBAR	SEVIYAN UPPMA	SAMBAR	BHATURA
BREAD PAIN BREAD/ WHOLE WHEAT PLAIN BREAD/ WHOLE WHILE PLAIN BREAD/ WHOLE WHEAT PLAIN BREAD/ WHOLE WHILE PLAIN BREAD/ WHOLE PLAIN BREAD/ WHOLE WHEAT PLAIN BREAD/WHOLE PLAIN BREAD/WHOLE PLAIN BREAD/WHOLE PLAIN BREAD/WHOLE PLAIN BRAIN WHOLE PLAIN B	Main II	MASALA DALIYA	CORN FLAKS	PINEAPPLE HALWA	SPROUT CHAT		SOOJI UPPMA	CORN FLAKS
HOT Beverage TEA, COFFEE, MILK TEA, COFFEE, TEA	ividili- ii	COCONUT CHUTNEY				TOMATO CHUTNEY	COCOCNUT CHUTNEY	GREEN CHUTNEY
COLESIAW POTATO CUCMBER  EGG EGG BUJII BOILD EGG BOILD E	BREAD	PLAIN BREAD/ WHOLE WHEAT	· ·	'	·	PLAIN BREAD/ WHOLE WHEAT	· ·	PLAIN BREAD/ WHOLE WHEAT
BOILED EGG Fruit BANANA BOILED EGG Fruit BANANA BOILTER BUTTER BU	HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
BANANA BUTTER BU		COLESLAW	POTATO CUCMBER	COLESLAW	POTATO CUCMBER	COLESLAW	COLESLAW	POTATO CUCMBER
BUTTER FRUIT JAM MIXED VEG PICKLE PICKLE MIXED VEG PICKLE MIX	EGG	EGG BHUJI		BOILED EGG		BOILED EGG		BOILED EGG
Jam	Fruit	BANANA		BANANA		BANANA		BANANA
PICHE  MIXED VEG PICKLE  MIXED	Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Salad GREEN SALAD SPROUT CHAT GREEN ALO GREEN SALAD GR	Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Saiad GREEN SALAD SPROUT CHAT GREEN SALAD GREEN SALAD GREEN SALAD GREEN SALAD CORN PEANUT CHAT RICE DISH MUTTER RICE STEAM RICE JEERA RICE SEAMER RICE STEAM RICE STEAM RICE STEAM RICE VEC PULAD DAL LIUSOONI DAL TADKHA RAJAMA RAS WALA KADH PALAK HING CHANA MASALA DAL KHOLPRIR BLACK CHANA DAL FRY  VEG ALOD PARMAL KADHAI SOYA MUTTER LAUKI OD PAYAZ ALOD TAMTAR KOFFTA CURRY RED PUMKIN MASALA BHINDI CURJ/SOUP BUTTER MILK CURD BUTTER MILK RASANA BUTTER MILK Jaljeera SWEET LASSI  Bread-I MULTIGRAIN ROTI/ JEERA ROTI COLI FRIED CHILLI FRIED C	Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
Rice Dish MUTTER RICE STEAM RICE JEERA RICE Steamed Rice STEAM RICE STEAMED RICE VEG PULAO DAL LUSOONI DAL TADKHA RAJAMA RAS WALA KADHI PALAKHING CHANA MASALA DAL KHOLAPURI BLACK CHANA DAL FRY VEG ALOO PARMAL KADHAI SOYA MUTTER LAUK DO PAYAZ ALOO TAMTAR KOPTEA CURRY RED PUMKIN MASALA BHINDI CUrd/SOUP BUTTER MILK CURD BUTTER MILK RASANA BUTER MILK Jaj jeera SWEET LASSI Bread-I MULTIGRAIN ROTI/ JEERA ROTI OTI				LUN	CH (12:00 to 14:30)			
DAL LUSOONI DAL TADKHA RAJAMA RAS WALA KADHI PALAK HING CHANA MASALA DAL KHOLAPURI BLACK CHANA DAL FRY  VEG ALOO PARMAL KADHAI SOYA MUTTER LAUKI DO PAYAZ ALOO TAMTAR KOFFTA CURRY RED PUMKIN MASALA BHINDI  CUrd/SOUP BUTTER MILK CURD BUTTER MILK RASANA BUTER MILK jaj jeera SWEET LASSI  Bread-I MULTIGRAIN ROTI/ JEERA ROTI OTI OTI OTI OTI OTI OTI OTI OTI OTI	Salad	GREEN SALAD	SPROUT CHAT	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT CHAT
VEG ALOO PARMAL KADHAI SOYA MUTTER LAUKI DO PAYAZ ALOO TAMTAR KOFFTA CURRY RED PUMKIN MASALA BHINDI Curd/SOUP BUTTER MILK CURD BUTTER MILK RASANA BUTER MILK jal jeera SWEET LASSI  Bread-I MULTIGRAIN ROTI/ JEERA ROTI POTI POTI POTI POTI POTI POTI POTI P	Rice Dish	MUTTER RICE	STEAM RICE	JEERA RICE	Steamed Rice	STEAM RICE	STEAMED RICE	VEG PULAO
Curd/SOUP BUTTER MILK CURD BUTTER MILK CURD BUTTER MILK RASANA BUTER MILK Jal jeera SWEET LASSI  MULTIGRAIN ROTI/ JEERA ROTI MULTIGRAIN ROTI/ JEERA ROTI ROTI ROTI ROTI SPECIAL GARLIC CHUTNEY MILTISANOTORISANO  FRYUMS COLOUR FRYUMS FRYUMS COLOUR FRYUMS FRYUMS FRYUMS COLOUR FRYUMS FRYUMS COLOUR FRYUMS FRYUMS FRYUMS COLOUR FRYUMS FRYUMS FRYUMS COLOUR FRYUMS FRYUMS FRYUMS FRYUMS COLOUR FRYUMS FRED CHILLI FRIED CHILL	DAL	LUSOONI DAL TADKHA	RAJAMA RAS WALA	KADHI PALAK HING	CHANA MASALA	DAL KHOLAPURI	BLACK CHANA	DAL FRY
Bread-I MULTIGRAIN ROTI/ JEERA ROTI	VEG	ALOO PARMAL	KADHAI SOYA MUTTER	LAUKI DO PAYAZ	ALOO TAMTAR	KOFFTA CURRY	RED PUMKIN MASALA	BHINDI
HILLI FRIED CHILLI	Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	BUTER MILK	jal jeera	SWEET LASSI
SPECIAL GARLIC CHUTNEY GARLIC CHUTNEY GARLIC CHUTNEY GARLIC CHUTNEY GARLIC CHUTNEY GARLIC CHUTNEY PAPAD FRYUMS COLOUR FRYUMS FRYUMS COLOUR FRYUMS FRYUMS COLOUR FRYUMS FRYUMS COLOUR FRYUMS FRYUMS FRYUMS  ***TITISH COLOUR FRYUMS FRYUMS COLOUR FRYUMS FRYUMS FRYUMS COLOUR FRYUMS FRYUMS  ***H.T(17:300TO18:30)**  ***MAIN VEG MAGGI SWEET BUN DHOKLA ALOO SANDWICH MIX VEG PAKODA ALOO PUFF BHEL PURI TEA/COFFEE TEA	Bread- I	MULTIGRAIN ROTI/ JEERA ROTI	· ·	1	· I	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ Poori	MULTIGRAIN ROTI
PAPAD FRYUMS COLOUR FRYUMS FRYUMS COLOUR FRYUMS FRYUMS COLOUR FRYUMS FRYUMS FRYUMS  H.T(17:300TO18:30)  MAIN VEG MAGGI SWEET BUN DHOKLA ALOO SANDWICH MIX VEG PAKODA ALOO PUFF BHEL PURI  TEA/COFFEE TEA/COFFEE TEA/COFFEE TEA/COFFEE TEA/COFFEE TEA/COFFEE TEA/COFFEE TEA/COFFEE TEA/COFFEE  DINNER(19:30TO21:30)  Salad GREEN MOONG DAL DAL FRY MIX DAL DAL MAKHANI avial( mix veg in coconut milk) DAL PUNJABI MIX MOTI DAL  VEG ALOO BHUJI TANDOORI CHAP MASALA VAda TAWA VEG MALI KOFFTA  PANEER KADHAI PANEER PANNER LABABDAR COCONUT CHAP MASALA MALI MALI MALI MALI MALI MALI MALI M	CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
MAIN VEG MAGGI SWEET BUN DHOKLA ALOO SANDWICH MIX VEG PAKODA ALOO PUFF BHEL PURI TEA/COFFEE TEA/COF	SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	COCONUT CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
MAIN VEG MAGGI SWEET BUN DHOKLA ALOO SANDWICH MIX VEG PAKODA ALOO PUFF BHEL PURI TEA/COFFEE TEA/COF	PAPAD	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS
TEA/COFFEE				H.	T(17:300TO18:30)			
Salad GREEN SALAD	MAIN	VEG MAGGI	SWEET BUN	DHOKLA	ALOO SANDWICH	MIX VEG PAKODA	ALOO PUFF	BHEL PURI
Salad GREEN SALAD  Rice Dish PLAIN RICE Plain Rice STEAMED RICE Plain Rice sambar STEAMED RICE VEG BIRYANI  DAL GREEN MOONG DAL DAL FRY MIX DAL DAL MAKHANI avial( mix veg in coconut milk) DAL PUNJABI MIX MOTI DAL  VEG ALOO BHUJI TANDOORI CHAP MASALA Vada TAWA VEG MALI KOFFTA  PANEER KADHAI PANEER PANNER LABABDAR COCONUT CHUTNEY  NON VEG ANDHAR EGG CURRY CHICKEN TARIWALA Malabar paneer CHICKEN BIRYANI  Dessert FRUIT CUSTARD PUDDING Plain rice/ tomato rice COCONUT BASIN BURFI VEG RAITA  Bread-I MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
Rice Dish PLAIN RICE Plain Rice STEAMED RICE Plain Rice Sambar STEAMED RICE VEG BIRYANI  DAL GREEN MOONG DAL DAL FRY MIX DAL DAL MAKHANI avial( mix veg in coconut milk) DAL PUNJABI MIX MOTI DAL  VEG ALOO BHUJI TANDOORI CHAP MASALA Vada TAWA VEG MALI KOFFTA  PANEER KADHAI PANEER PANNER LABABDAR Coconut chutney  NON VEG ANDHAR EGG CURRY CHICKEN TARIWALA malabar paneer CHICKEN BIRYANI  Dessert FRUIT CUSTARD PUDDING Plain rice/ tomato rice COCONUT BASIN BURFI VEG RAITA  Bread-I MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI				DINI	NER(19:30TO21:30)			
DAL GREEN MOONG DAL DAL FRY MIX DAL DAL MAKHANI avial( mix veg in coconut milk) DAL PUNJABI MIX MOTI DAL  VEG ALOO BHUJI TANDOORI CHAP MASALA vada TAWA VEG MALI KOFFTA  PANEER KADHAI PANEER PANNER LABABDAR Coconut chutney  NON VEG ANDHAR EGG CURRY CHICKEN TARIWALA malabar paneer CHICKEN BIRYANI  Dessert FRUIT CUSTARD PUDDING plain rice/ tomato rice COCONUT BASIN BURFI VEG RAITA  Bread- I MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI	Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	rasam	PASTA SALAD	GREEN SALAD
VEG ALOO BHUJI TANDOORI CHAP MASALA vada TAWA VEG MALI KOFFTA  PANEER KADHAI PANEER PANNER LABABDAR Coconut chutney  NON VEG ANDHAR EGG CURRY CHICKEN TARIWALA malabar paneer CHICKEN BIRYANI  Dessert FRUIT CUSTARD PUDDING plain rice/ tomato rice COCONUT BASIN BURFI VEG RAITA  Bread-I MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI	Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	sambar	STEAMED RICE	VEG BIRYANI
PANEER KADHAI PANEER PANNER LABABDAR Coconut chutney  NON VEG ANDHAR EGG CURRY CHICKEN TARIWALA malabar paneer CHICKEN BIRYANI  Dessert FRUIT CUSTARD PUDDING plain rice/ tomato rice COCONUT BASIN BURFI VEG RAITA  Bread-I MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI Chapati MULTIGRAIN ROTI MULTIGRAIN ROTI	DAL	GREEN MOONG DAL	DAL FRY	MIX DAL	DAL MAKHANI	avial( mix veg in coconut milk)	DAL PUNJABI	MIX MOTI DAL
NON VEGANDHAR EGG CURRYCHICKEN TARIWALAmalabar paneerCHICKEN BIRYANIDessertFRUIT CUSTARDPUDDINGplain rice/ tomato riceCOCONUT BASIN BURFIVEG RAITABread-IMULTIGRAIN ROTIMULTIGRAIN ROTIMULTIGRAIN ROTIChapatiMULTIGRAIN ROTIMULTIGRAIN ROTI	VEG		ALOO BHUJI		TANDOORI CHAP MASALA	vada	TAWA VEG	MALI KOFFTA
Dessert FRUIT CUSTARD PUDDING plain rice/ tomato rice COCONUT BASIN BURFI VEG RAITA  Bread- I MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI Chapati MULTIGRAIN ROTI MULTIGRAIN ROTI	PANEER	KADHAI PANEER		PANNER LABABDAR		coconut chutney		
Bread- I MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI MULTIGRAIN ROTI Chapati MULTIGRAIN ROTI MULTIGRAIN ROTI	NON VEG	ANDHAR EGG CURRY		CHICKEN TARIWALA		malabar paneer		CHICKEN BIRYANI
·	Dessert		FRUIT CUSTARD		PUDDING	plain rice/ tomato rice	COCONUT BASIN BURFI	VEG RAITA
leasamhair salad	Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	-	MULTIGRAIN ROTI	MULTIGRAIN ROTI

kosambari salad dal payasam papad



DATE	23.09.23	23.09.23	25.09.23	26.09.23	27.09.23	28.09.23	29.09.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	SET DOSA	DAL PARANTHA	AJWANI POORI	IDLI	INDORRI POHA	PAV	CHOLE MASALA
IVIdIII- I	PUMKIN SAMBAR	CURD	ALOO BHAJI	SAMBAR	INDIAN STYLE PASTA	BHAJI	BHATURA
Main- II	SOOJI UPPMA	CORN FLAKS	RAWA KESARI HALWA	SPROUT CHAT		MASALA DALIYA	CORN FLAKS
IVIdIII- II	COCONUT CHUTNEY			COCONUT CHUTNEY	TOMATO CHUTNEY	COCOCNUT CHUTNEY	GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT						
HOT Beverage	TEA, COFFEE, MILK						
	COLESLAW	РОТАТО	COLESLAW	РОТАТО	COLESLAW	COLESLAW	POTATO
EGG	EGG BHUJI		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
			LI	UNCH (12:00 to 14:30)			
Salad	GREEN SALAD	MOONG SPROUT CHAT	GREEN SALAD	LOBIYA SPROUT SALAD	GREEN SALAD	GREEN SALAD	MOONG SPROUT SALAD
Rice Dish	STEAM RICE	STEAM RICE	STEAM RICE	PLAIN RICE	JEERA RICE	MUTTER RICE	STEAM RICE
DAL	DAL FRY	RAJAMA JAMMU WALA	DAL KHOLAPURI	CHANA MASALA	METHI KADHI	BLACK CHANA	LOBIYA
VEG	ALOO MUTTER	SOYA KEEMA	KADHAI VEG	SEV TAMATAR	ALOO BAGAIN	DUM ALOO	GATTA CURRY
Curd/SOUP	BUTTER MILK	CURD	LEMON WATER	RASANA	LEMON WATER	JAL JEERA	SWEET LASSI
Bread- I	MULTIGRAIN ROTI						
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GREEN CHUTNEY	GARLIC CHUTNEY	GREEN CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS
				H.T(17:300TO18:30)			
MAIN	PASTA	FRUIT CAKE	PANI POORI	MASALA SEVIYA	MAGGI	JHALMURI	VEG PUFF
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
			D	INNER(19:30TO21:30)			
Salad	GREEN SALAD	PASTA SALAD	CHANA SPROUT SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	KIMICHI SALAD
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	PLAIN RICE	STEAMED RICE	VEG FRIED RICE/ CHICKEN FRIED RICE
DAL	GREEN MOONG DAL	DAL FRY	MIX DAL	DAL MAHARANI	BLACK MASOOR DAL	DAL PUNJABI	RAJAMA
VEG		ALOO BHUJI		PUNJABI CHAP MASALA		MIX VEG	
PANEER	KAJU MAKHANA CURRY		PANNER BUTTER MASALA		MUTTER PANEER		CHILLI PANEER IN HOT GALIC SAUCE
NON VEG	DHABA EGG CURRY		ANDHRA CHICKEN		KADHAI CHICKEN		CHILLI CHICKEN IN HOT GALIC SAUCE
Dessert		BOONDI WITH RABDI		CREAM OF SABUDANA		SOOJI HALWA	
Bread- I	MULTIGRAIN ROTI						



DATE	30.09.23	01.10.23	2.10.23	3.10.23	4.10.23	5.10.23	6.10.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main	CARROT IDLI	ALOO PARANTHA	MASALA POORI	SET DOSA	VEG POHA	KULCHA	CHOLE MASALA
Main- I	SAMBAR	CURD	ALOO BHAJI	SAMBAR	MASALA SEVIYA	MUTTER BHAJI	BHATURA
Main- II	SPROUT CHAT	CORN FLAKS	PINEAPPLE HALWA	SOOJI UPAMA		MASALA DALIYA	CORN FLAKS
IVIdIII- II	COCONUT CHUTNEY			COCONUT CHUTNEY	TOMATO CHUTNEY		GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	POTATO	COLESLAW	POTATO	COLESLAW	COLESLAW	POTATO
EGG	EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
			LUNCH (	12:00 to 14:30)			
Salad	GREEN SALAD	MOONG SPROUT CHAT	GREEN SALAD	LOBIYA SPROUT SALAD	GREEN SALAD	GREEN SALAD	MOONG SPROUT SALAD
Rice Dish	JEERA RICE	STEAM RICE	RICE	PLAIN RICE	JEERA RICE	MUTTER RICE	STEAM RICE
DAL	PALAK DAL	PAKODA KADHI	RAJMA	CHANA MASALA	DAL FRY	BLACK CHANA	DHABA DAL
VEG	DHAI WALA ALOO	LAUKI CHANA	BAGAIN BARTHA	SEV TAMATAR	TAWA VEG	RED PUMKIN MASALA	ALOO MUTTER
Curd/SOUP	BUTTER MILK	CURD	LEMON WATER	RASANA	LEMON WATER	JAL JEERA	SWEET LASSI
Bread- I	MULTIGRAIN ROTI/ MESSI ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ MASALA ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/POORI	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
			H.T(17	:300TO18:30)			
MAIN	PAV BHAJI	PASTA	FRUIT CAKE	MAGGI	DHOKLA	VEG PUFF ROLL	KACHOORI
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
			DINNER(	(19:30TO21:30)			
Salad	GREEN SALAD	GREEN SALAD	CHANA SPROUT SALAD	GREEN SALAD	PASTA SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	PLAIN RICE	STEAMED RICE	VEG BIRYANI
DAL	BLACK MASSOOR	DAL MAKHANI	MIX DAL	TOOR DAL TADKHA	GREEN MOONG DAL	DAL BHUKHARA	MIX MOTI DAL
VEG		ALOO BHUJI		TANDOORI CHAP MASALA		DUM ALOO	MALI KOFFTA
PANEER	MUTTER PANEER		KHADHI PANNER		TAWA PANEER		
NON VEG	EGG CURRY		KHADHI CHICKEN		TAWA CHICKEN		CHICKEN BIRYANI
Dessert		MYSORE PAK		PASTRY		COCONUT LADOO	VEG RAITA
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI



DATE	7.10.23	08.10.23	9.10.23	10.10.23	11.10.23	12.10.23	13.10.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	VEG UTTAPAM	VEG PARANTHA	AJWANI POORI	MASALA IDLI	VEG POHA	PAV	CHOLE MASALA
IVIAIII- I	SAMBAR	CURD	ALOO BHAJI	SAMBAR	PASTA INDIAN STYLE	BHAJI	BHATURA
Main- II	SPROUT CHAT	CORN FLAKS	RAWA HALAWA	MASALA SEVIYA		SWEET DALIYA	CORN FLAKS
IVIdIII- II	COCONUT CHUTNEY			COCONUT CHUTNEY	TOMATO CHUTNEY		GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE
BREAD	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	POTATO/ CUCUMBER	COLESLAW	POTATO/ CUCUMBER	COLESLAW	COLESLAW	POTATO/ CUCUMBER
EGG	EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
			LUNCH (1	2:00 to 14:30)			
Salad	GREEN SALAD	MOONG SPROUT CHAT	GREEN SALAD	LOBIYA SPROUT SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT SALAD
Rice Dish	JEERA RICE	STEAM RICE	RICE	PLAIN RICE	JEERA RICE	MUTTER RICE	STEAM RICE
DAL	METHI DAL	DAL DABHA	RAJAM RAS WALA	KADHI PAKODA	DAL PALAK	CHANA MASALA	TOOR DAL TADKHA
VEG	LAUKI KOFTTA	SOYA KEEMA MASALA	JEERA ALOO	BAIGAN OR MUTTER KA BHARATA	PAPAD MANGOODI KI SUBZI	ALOO TAMATAR	BHINDI
Curd/SOUP	BUTTER MILK	LEMEON WATER	CURD	RASANA	LEMON WATER	JAL JEERA	SWEET LASSI
Bread- I	MULTIGRAIN ROTI/ MESSI ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ MASALA ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/POORI	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
			H.T(17:	300TO18:30)			
MAIN	NOODLES	BANANA CAKE	SOOJI UPAMA	BHEL POORI	MAGGI	PANIPURI	VEG PUFF
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
			DINNER(1	19:30TO21:30)			
Salad	GREEN SALAD	GREEN SALAD	CHANA SPROUT SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	KIMCHI SALAD
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	PLAIN RICE	STEAMED RICE	VEG FRIED RICE/CHICKEN FRIED RICE
DAL	MASSOOR DAL TADKA	DAL MAKHANI	DAL LASOONI	TOOR DAL TADKHA	GREEN MOONG DAL	DAL BHUKHARA	MIX MOTI DAL
VEG		DUM ALOO		CHAP MASALA		TAWA VEG	
PANEER	KADHAI PANEER		PANNER DO PAYAZA		PANEER ANDHAR		CHILLI PANEER
NON VEG	EGG CURRY		CHICKEN DO PAYAZA		CHICKEN ANDHAR		CHILLI CHICKEN
Dessert		BALUSHAI		CHOCOLATE BROWANI		GULAB JAMOON	
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI



DATE	14.10.23	15.10.23	16.10.23	17.10.23	18.10.23	19.10.23	20.10.23				
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday				
Naio I	CARROT IDLI	ALOO PARATHA	MASALA POORI	VEG UTTAPAM	MEDU VADA	РОНА	PASTA				
Main- I	SAMBAR	CURD	ALOO BHAJI	SAMBAR	SAMBAR		SPROUT				
Main II	SOOJI UPMA	CORN FLAKS	RAWA HALAWA	MASALA SEVIYA	MASALA OTS	MASALA DALIYA	CORN FLAKS				
Main- II	COCONUT CHUTNEY				COCONUT CHUTNEY	GREEN CHUTNEY	SWEET DALIYA				
BREAD	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE				
BREAD	WHEAT	PLAIN BREAD, WHOLE WHEAT	WHEAT	WHEAT	WHEAT	PLAIN BREAD, WHOLE WHEAT	WHEAT				
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK				
	COLESLAW	POTATO/ CUCUMBER	COLESLAW	POTATO/ CUCUMBER	COLESLAW	COLESLAW	POTATO/ CUCUMBER				
EGG	EGG		BOILED EGG		BOILED EGG		BOILED EGG				
Fruit	BANANA		BANANA		BANANA		BANANA				
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER				
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM				
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE				
	LUNCH (12:00 to 14:30)										
Salad	CORN PEANUT SALAD	MOONG SPROUT CHAT	GREEN SALAD	LOBIYA SPROUT SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD				
Rice Dish	JEERA RICE	STEAM RICE	RICE	PLAIN RICE	JEERA RICE	JEERA RICE	STEAM RICE				
DAL	DAL FRY	RAJMA RAS WALA	DABHA DAL	KADHI PALAK METHI	DAL PALAK	PINDI CHOLE	DAL MAKHANI				
VEG	VEG KOFTTA	KHADHI SOYA MASALA	JEERA ALOO	SEV TAMATO	ALOO TAMATRI	PAPAD MANGOODI KI SUBZI	TAWA VEG				
Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	LEMON WATER	JAL JEERA	SWEET LASSI				
Bread- I	MULTIGRAIN ROTI/ MESSI ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ MASALA ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI				
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI				
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY				
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS				
			H.	T(17:300TO18:30)							
MAIN	MAGGI	FRUIT CAKE	PAYAZ KI KACHORI	DHOKLA	DOUGHNUT	PANIPURI	VEG PUFF				
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE				
			DINI	NER(19:30TO21:30)							
Salad	GREEN SALAD	GREEN SALAD	CHANA SPROUT SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	GREEN SALAD				
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	PLAIN RICE	STEAMED RICE	VEG BIRYANI				
DAL	MASSOOR DAL TADKA	DAL MAKHANI	MIX DAL	TOOR DAL TADKHA	GREEN MOONG DAL	DAL LAHSUNI	MIX MOTI DAL				
VEG		GAJAR MUTTER		TANDOORI CHAP MASALA		GUTTA CURRY	MALI KOFFTA				
PANEER	MUTTER PANEER		KADHAI PANEER		TAWA PANEER						
NON VEG	HOME STYLE EGG CURRY		BUTTER CHICKEN		CHICKEN RARA		CHICKEN BIRYANI				
Dessert		MOONG DAL HALAWA		PUDDING		RICE PHIRNI	VEG RAITA				
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI				



DATE	21.10.23	22.10.23	23.10.23	24.10.23	25.10.23	26.10.23	27.10.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	SET DOSA	ALOO PAYAZ PARATHA	MASALA POORI	VEG IDLI	РОНА	PAV	CHOLE MASALA
IVIAIII- I	SAMBAR	CURD	ALOO BHAJI	SAMBAR	RAGI PAN CAKE	ВАНЛ	BHATURA
D.A.a.i.a. II	MASALA DALIYA	CORN FLAKS	RAWA HALAWA	MASALA SEVIYA	CHOCOLATE SAUCE	MASALA OTAS	CORN FLAKS
Main- II	COCONUT CHUTNEY				GREEN CHUTNEY	GREEN CHUTNEY	GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE
BREAD	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	/ CUCUMBER	COLESLAW	POTATO/ CUCUMBER	COLESLAW	COLESLAW	POTATO/ CUCUMBER
EGG	EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
			LUN	CH (12:00 to 14:30)			
Salad	CORN PEANUT SALAD	GREEN SALAD	GREEN SALAD	LOBIYA SPROUT SALAD	GREEN SALAD	MIX SPOURT SALAD	GREEN SALAD
Rice Dish	JEERA RICE	STEAM RICE	RICE	PLAIN RICE	JEERA RICE	JEERA RICE	STEAM RICE
DAL	DAL METHI	NORTH RAJMA	DAL PUNJABI	KADHI PAKODA	DAL PALAK	PINDI CHOLE	RED MASOOR DAL
VEG	LAUKI KOFTTA	GAJAR MUTTER	SOYA MUTTER	LAUKI DO PAYAZ	ALOO GOBHI	ARBI	SEV TAMATAR
Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	LEMON WATER	JAL JEERA	SWEET LASSI
Bread- I	MULTIGRAIN ROTI/ MESSI ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ MASALA ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ POORI	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
			H.1	Г(17:300ТО18:30)			
MAIN	MAGGI	FRUIT BUN	PASTA	JHALMURI	VEG PAKODA	ALOO PUFF	DHAI BHALLA
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
			DINI	NER(19:30TO21:30)			
Salad	GREEN SALAD	GREEN SALAD	CHANA SPROUT SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	KIMCHI SALAD
Rice Dish	PLAIN RICE	JEERA RICE	STEAMED RICE	Plain Rice	PLAIN RICE	STEAMED RICE	VEG FRIED RICE/CHICKEN FRIED RICE
DAL	BLACK MASSOOR DAL	DAL FRY	GREEN MOONG DAL	TOOR DAL TADKHA	MIX DAL	DAL LAHSUNI	MIX MOTI DAL
VEG		TAWA VEG		PUNJABI CHAP MASALA		ALOO BHUJIA	
PANEER	KADHAI PANEER		MUTTER PANEER		TAWA PANEER		CHILLI PANEER
NON VEG	EGG CURRY		CHICKEN CURRY		CHICKEN HADBADI		CHILLI CHICKEN
Dessert		COCONUT BASEN BURFI		PASTTRY		SEVIYA KHEER	VEG RAITA
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI



DATE	28.10.23	29.10.23	30.10.23	31.10.23	1.11.23	2.11.23	3.11.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	VADA	MIX VEG PARATHA	CARROT IDLI	AJWANI POORI	VEG POHA	KULCHA	CHOLE MASALA
	SAMBAR	CURD	SAMBAR	ALOO BHAJI	PAN CAKE	MUTTER BHAJI	BHATURA
Main II	SOOJI UPAMA	CORN FLAKS	SWEET DALIYA	PINEAPPLE HALAWA	CHOCOLATE SAUCE	MASALA OTAS	CORN FLAKS
Main- II	COCONUT CHUTNEY		coconut chutney		GREEN CHUTNEY		GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	CUCUMBER	POTATO	POTATO/ CUCUMBER	COLESLAW	COLESLAW	POTATO/ CUCUMBER
EGG	EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
			LUN	ICH (12:00 to 14:30)			
Salad	CORN PEANUT SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	MIX SPOURT SALAD	GREEN SALAD
Rice Dish	JEERA RICE	STEAM RICE	RICE	PLAIN RICE	JEERA RICE	JEERA RICE	STEAM RICE
DAL	DAL KHOLAPURI	RAJMA MASALA	DAL DHABA	KADHI PAKODA	DAL PALAK	PINDI CHOLE	RED MASOOR DAL
VEG	ALOO GHOBI MUTTER	SOYA KEEMA	JEEERA ALOO	CABBAGE MUTTER	LAUKI KOFTA	KHATA METHA KADU	METHI ALOO
Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	LEMON WATER	JAL JEERA	SWEET LASSI
Bread- I	MULTIGRAIN ROTI/ MESSI ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ MASALA ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ POORI	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS
			H.	T(17:300TO18:30)			
MAIN	MAGGI	FRUIT BUN	DHOKLA	VEG SANDWICH	VEG PAKODA	PAYAZA KE KACHORI	PUFF ROLL
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
			DIN	NER(19:30TO21:30)			
Salad	GREEN SALAD	GREEN SALAD	CHANA SPROUT SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	JEERA RICE	STEAMED RICE	Plain Rice	PLAIN RICE	STEAMED RICE	VEG BIRYANI
DAL	BLACK MASSOOR DAL	DAL FRY	GREEN MOONG DAL	TOOR DAL TADKHA	MIX DAL	DAL LAHSUNI	MIX MOTI DAL
VEG		BHINDI		SOYA CHAP MASALA		TAWA VEG	MALI KOFFTA
PANEER	MUTTER PANEER		PALAK PANNER		KHADHI PANEER		
NON VEG	EGG CURRY		BUTTER CHICKEN		KHADHI CHICKEN		CHICKEN BIRYANI
Dessert		COCONUT BURFI		PASTTRY		MOONG DAL HALWA	VEG RAITA
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI





12							
DATE	12.08.23	13.08.23	14.08.23	15.08.23	16.08.23	17.08.23	18.08.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	Set Dosa	Masala POORI	IDLI	Vegetable PARANTHA	MADHU VADA	Indori POHA	CHANA
	Drumstick SAMBAR	BHAJI	Andhra SAMBAR	CURD	SAMBAR	INDIAN STYLE Macaroni	BHATURA
Main- II	Sooji UPMA	Pineapple sooji halwa	MASALA DALIYA	CORN FLAKS	Masala Ots		CORN FLAKS
IVIdIII- II	COCONUT CHUTNEY		COCONUT CHUTNEY		TOMATO CHUTNEY	MINT CHUTNEY	GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	POTATO CUCMBER	COLESLAW	POTATO CUCMBER	COLESLAW	COLESLAW	POTATO CUCMBER
EGG	BOILED EGG		BOILED EGG		BOILED EGG		BOILED EGG
Fruit			BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
				LUNCH (12:00 to 14:30)			
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	TOSSED SALAD	GREEN SALAD	SPROUT SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
Rice Dish	STEAMED RICE	Jeera PUALO	Plain Rice	Tri colour Rice	Veg RICE	Moti Pualo	Lemon RICE
DAL	Rajma Masala	Dhaba Dal	Chole	KADHI Hing Palak	Dal Kolhapuri	Black Chana	Dal panchmel
VEG	Soya keema mutter	Mix veg	ALOO Jeera	Mutter Makhana	lauki koffta	Aloo Tamatar	GATTA CURRY
Curd/SOUP	curd	Lemon water	BUTTER MILK	RASANA	BUTER MILK	jal jeera	SWEET LASSI
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ masala roti	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ mesi roti	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ Poori	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	Disco papad	FRYUMS	Tri colour FRYUMS	FRYUMS	south indian papad	FRYUMS
				H.T(17:300TO18:30)			
MAIN	Mix Pakoda	Masala bun	Masala Seviya	Noodles	Tawa COLESLAW Sandwich	VEG PUFF	Samosa
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE/LEMON WATER	TEA/COFFEE/RASANA	TEA/COFFEE/ROOH AFJA	TEA/COFFEE/ICE TEA	TEA/COFFEE/LEMON WATER	TEA/COFFEE/ICE TEA
DINNER(19:30TO21:30)							
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	STEAMED RICE	STEAMED RICE	STEAMED RICE
DAL	Moong Masoor Dal	TOOR DAL TADKHA	Mix Dal	Chana Dal	BLACK MASOOR DAL	DAL MAKHANI	Lobiya
VEG				Dum Aloo		Tawa Veg	VEGETABLE Lucknowi BIRYANI
PANEER	Kadhi PANEER	BHINDI TO PAYZA	Saag PANEER		Mughli Shai paneer		Veg KOFTA
NON VEG	Haydrabadi EGG CURRY		Andhra CHICKEN CURRY		CHICKEN Tariwala		CHICKEN Lucknowi BIRYANI
Dessert		balusai		pudding		Seviya Kheer	VEG RAITA
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI