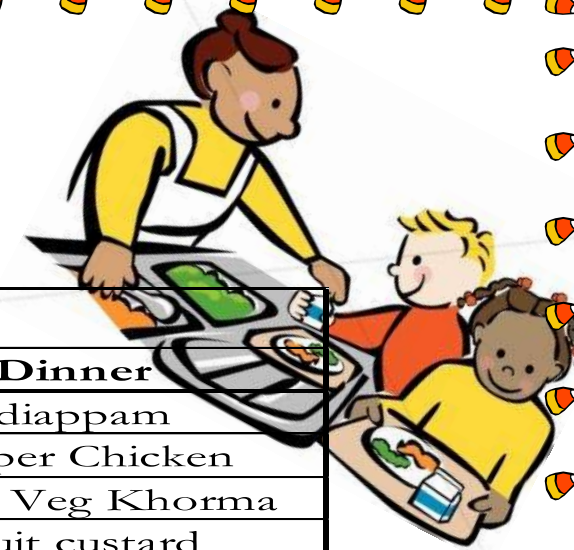


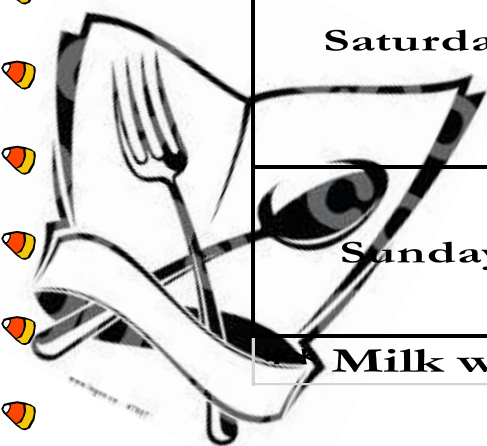


# GPS Hostel Menu



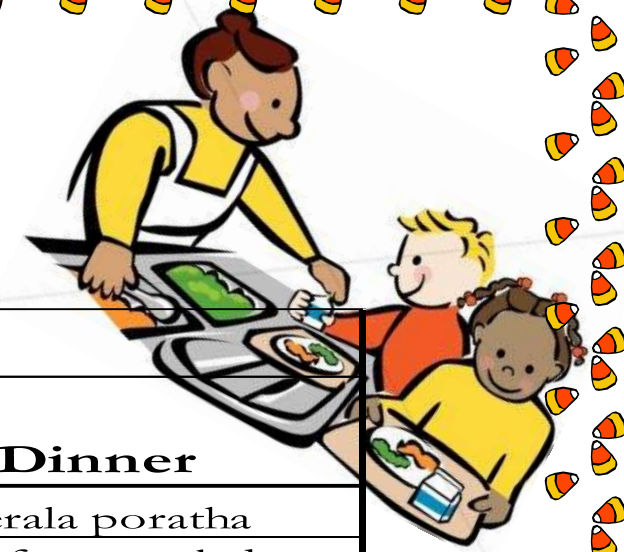
Cycle 1					
Day	Breakfast	Morn. Snack	Lunch	Evn.Snack	Dinner
Monday	Puttu	Cutlet	Boiled rice	Chicken Cutlet	Idiappam
	Kadala		Sambar		Pepper Chicken
			Thoran		Mixed Veg Khorma
			Pappad/Pickle		Fruit custard
			Ice Cream		
Tuesday	Bread	Pav Bhaji	Chapati	Pizza/Puffs (chicken/veg)	Kerala Rice
	Butter/Jam		Chana masala		Beef Fry, Dal Tadka
	Scrambled egg		Raitha		Veg fry
			Gulabjamun		Fruits
Wednesday	Iddiyappam	Vada	Lemon Rice	Chicken Samosa Veg Samosa	<b>Methi Rotti</b>
	Kadala Curry		Fish cutlet ,Paneer Tikki		Nadan Chicken Curry
			Tomato Fry		Mixed Vegetable curry
			Pickle,Pappad		Caramel Custard
			<b>Dessert</b>		
Thursday	Kallappam	Bun /Butter/ Jam	Chicken Biryani	Keema Puff Roll	<b>Porotta</b>
	Veg curry		Veg Biryani		<b>Chicken/Veg Curry</b>
			Raita,pappad,pickle		<b>Ice cream</b>
			<b>Dessert</b>		
Friday	Poori	Biscuits	Boiled Rice	Doughnut	Egg Biryani
	Potato Bhaji		Moru Curry		Veg Biryani
			Erruseri		Raita,
			Pickle,Pappad		Pappad, pickle
			Semiya Payasam		Cut Fruits
Saturday	Masala Dosa	Biscuits	Ghee rice	Chicken Lollipop	Cream Of Tomato
	Sambar		Chicken roast		Garlic bread
	Chutney		Paneer Mutter		Crumb fried chicken/Veg
			Cut Fruits		Roasted potatoes /Fruits
Sunday	Bombay Toast	Potato Bonda	Ghee Rice/Beef Curry	Muffin	Bread/Chapathy
	Tomato Sauce		Veg Vindaloo		Paneer butter masala
			Pickle/ fruits		Butter Chicken Masala
			<b>Dessert</b>		Fruits

Milk will be provided every morning.





# GPS Hostel Menu



## Menu Cycle 2

Day	Breakfast	Morn. Snack	Lunch	Evn.Snack	Dinner
Monday	Uppumavu	Pav Baji	Boiled rice	Sausage Roll	Kerala poratha
	Banana		Dal Curry		Beef curry,salad
	Chutney		Avial	Mushroom Masaala	
Tuesday	Idiappam	Veg roll	pickle,pappad	Veg Roll	Ice cream
			Adaprathamam		Muffins
	Kadala curry		Chicken Biriyani	Muzhukkuvaratty	
			Veg biriyani	Tenga Aracha Koottan	
Wednesday	Uthappam	Bun - Butter- Jam	Raita,pappad	Chicken Puffs	pickle,Pappad
	Sambar		Pickle,Gulab Jamun		Fruit Custard
	Chutney		Chapati		Chicken Biriyani
			Egg Masala		Veg Biriyani
Thursday	Bread,butter	Vada	Raitha	Chicken Samosa Veg Samosa	Pappad/Pickle/Raita
	Jam,corn flakes		Tart		Cut Fruits
	Scrambled Egg		BoiledRice		Chapathy
			Fish Curry / Sambar		Beef roast
Friday	Masala Dosa	Veg-Cutlet	Thoran / pappad,pickle,	Chicken Roll	Aloo Gobhi Masaala
	sambar		Kesari		Caramel Custard
	chutney		Kismis Pulao	Veg -Roll	Appam
			Spicy Veg Khorma	Chicken Curry	
Saturday	Poori Masala	Biscuits	pappad,pickle	Chicken	Veg Curry
	Potato Masala		Ice Cream		Cut fruits
			Chicken dum biriyani	lollipop(4)	Butter Naan
			veg biriyani		Chicken Afgani
Sunday	Palappam	Biscuits	Raita,pappad,pickle	Dough nut	Paalak Paneer
	Egg Curry		Fruit		Fruits
			Lime rice		Chapathi ,
			Pepper Chicken Masala		Chicken Do Pyaza /
			Kadai Paneer		Bhindi / Baigan Massala
			pappad,pickle,Fruit		Ice Crram

**\*\* Milk will be provided every morning.**

Release Date: May 2019

