

Jan 2024 - Mar 2024			MENU CYCLE 1			
DAY	W/D	Breakfast	MidMorning Hostel	Lunch	Evn.Snack	Dinner
Monday	Egg +Milk	Palappam	Pav Bun	Boiled rice	Chicken burger	Sweet corn veg soup
		Veg curry		Sambar	Veg-burger	Veg fried rice
		Lime juice		Mezhukkupuratty	Juice	Baby corn/mushroom munchuriean
				Pappad/Pickle	(One number)	Chillie chicken
				Semiya payasam		Pinapple
Tuesday	Egg +Milk	Idli	Ela Ada	Veg Fried Rice	Sausage puff rolls	Chappathi
		Sambar		Vegetable manchuriean	Veg puff roll	Chicken curry
		Chutney		Mango mousse	Juice	Veg-khorma
		Lime juice		Sauce (Seperate)	(2 number)	Caramel banana
				Mango Mousse		
Wednesday	Milk	Idiappam	Bun parotta (Frutti roll)	Boiled rice	Uzhunnu vada	White plain rice/dal curry
		Kadala curry		Fish curry/Dhal	Juice	Beef fry
		Lime juice		Cabbage thoran	(2 number)	Paneer dry item
				Pickle		Banana
				Fruits (Watermelon)		
Thursday	Egg +Milk	Bread	Samosa	Chicken biriyani	Doughnuts	Chappathi
		Butter/Jam		Veg.biriyani	Juice	Dum aloo
		Cornflakes		Raita,pickle	(2 number)	Dal
		Hot milk		Keseri		Fruit custard
		Lime juice				
Friday	Egg +Milk	Thattu dosa	Fried veg roll	Chappati	Chilly chicken puff roll	Paal appam
		Sambar/chutney		Egg Roast		Chicken curry
		Lime juice		Cake	(One number)	Veg curry
					Chilly paneer roll	Pinapple
					(One number)	
Saturday	Milk	Poori	Ullivada	Ghee rice	Pizza	Craem of tomato soup
		Potato masala		Chicken roast (3 pc)	Juice	Garlic bread
		Lime juice		Veg masala	(1 number)	Crumb fried chicken/veg
				Trifle pudding		Roasted potatoes & Paneer cutlets
						Banana
Sunday	Milk	Masala Dosa	Allo baji	Veg pulao,Beef vindaloo	aloo tikki chaat	Kerala parotta
		Sambar + Chutney		Veg vindaloo	Juice	Paneer butter masala
		Lime juice		Pickle,Dessert		Butter chicken
						Salad,Ice cream
						Watermelon

Jan 2024 - Mar 2024			MENU CYCLE 2			
DAY	W/D	Breakfast	MidMorning Hostel	Lunch	Evn.Snack	Dinner
Monday	Egg +Milk	Idli	Bread -Butter and Jam	Boiled rice	Chicken puffs	Veg Pulao
		Sambar		Dal curry/Pappad	Paneer Puff Roll	Chicken Curry
		Chutney		Aviel	Juice	Shredded veg with paneer
		Lime juice		Pickle		Pinapple
				Semiya payasam		
Tuesday	Milk	Puttu	Veg cutlet	Chicken biriyani	Chicken samosa	Chappathi
		Kadala curry		Veg.biriyani	Veg Samoosa	Egg curry
		Lime juice		Raita,Pappad	Juice	Veg khorma
				Pineapple keasri	(One number)	Khofta trifle pudding
Wednesday	Milk	Thattu dosa	Vada	Fried Rice	Doughnuts	Kerala parotta
		Sambar		Fish balls	Juice	Beef curry ,
		Chutney		Veg Balls	(2 number)	Paneer Curry
		Lime juice		Sauce		Bananna
				Gulab Jamun		
Thursday	Egg +Milk	Bread,Butter	Veg roll	Plain rice	Chicken spring roll	Pathiri
		Jam		Moru curry	Paneer Spring Rolll	Mixed veg curry
		Egg		Thoran / Erissery	Juice	Chicken curry
		Hot milk		Fruits		Carrot halwa
		Lime juice				
Friday	Milk	Uthappam	Parippu vada	Chappti	Muffin(2)	Butter Naan
		Sambar/chutney		White Channa	Juice	Mixed dal
		Lime juice				Stir fried vegetables
				Cake		Watrmelon
Saturday	Egg +Milk	Masala dosa	Potato bajji	Chicken dum biriyani	Pav bhaji(2)	Boiled veg/corn/spinach with white sauce
		Sambar		Veg biriyani	Juice	Bread
		Chutney		Raita,pickle,pappad		Meat Cutlet / Veg Cutlets
		Lime juice		Fruits		Bananna
Sunday	Milk	Bombay Toast	Biscuit	Lime rice	Onion Pakkoda	Pasta
				Pepper chicken masala	Juice	Minced meat in red sauce
		Lime juice		Kadai paneer		Cole slaw
				Pappad,pickle		Desert
				Caramel custard		