

MENU

GENERAL STRUCTURE OF MENU

| Day | Breakfast (8:00 AM to 9:30 AM) | Lunch (1:00 PM to 2:00 PM) | Dinner (8:00 PM to 9:30 PM) |
|-----------|---|--|---|
| Monday | Veg Chow, Sauce / Poha with chopped onion and chutney, Apple (1 pc) | Plain Rice, Ghee Roti / Plain Roti, Black Masoor (Dal Tadka), Aloo Matar, Baigan Fry, Curd (50 gm), Pickle | Plain Rice, Khichdi, Plain Roti, Dal Fry, Lovia Masala, Aloo Bhujia with ground nut, Salad, Roasted Papad, Pickle |
| Tuesday | Aloo Paratha (2 pes), Curd (50 gm) / Tomato Ketchup, Achar, Egg / Banana (1 pc) | Plain Rice, Plain Roti, Mixed Dal, Egg Curry (2 pcs) / Matar Paneer, Aloo Gobi / Louki Chana, Salad and Pickle | Plain Rice, Ghee Roti / Plain Roti, Parbal/ Bhindi Fry, Aloo Bean, Masoor Dal (Garlic Tadka), Salad and Pickle |
| Wednesday | Puri (6 pes), Sabzi (150 gm), Egg / Banana (1 Pc), Pickle | Plain Rice, Plain Roti, Fish Curry/Matar Mushroom Aloo Soyebean, Moong Dol (Tadko), Papad and Pickle | Plain Rice, Ghee Roti / Plain Roti, Aloo Palak and Rajma Masala, Yellow Dal, Curd and Pickle |
| Thursday | Idli / Fried Idli (4 pcs). Sambhar Coconut Chutney, Egg / Banana (1 Pc) | Plain Rice, Aarahar Dal (Tadka), Plain Roti, Aloo Methi / Jeera Aloo. Kadi, Dhaniya Chutney, Curd (50 gm) | Plain Rice / Jeera Rice, Ghee Roti / Plain Roti, Dal Makhani, Veg Jalfrezi, Kheer, Salad & Pickle |
| Friday | Toasted Bread (6 pes), Butter (10 gm), Jam (10 gm), Egg / Banana (1 pc) | Plain Rice, Plain Roti, Chicken Curry / Kadhai Paneer, Masoor Dal (Tadka), Aloo Squash, Papad and Pickle | Plain Rice, Ghee Roti / Plain Roti, Aloo Cabbage. Chilli Soya bean, Novaratna Dal, Salad and Pickle |
| Saturday | Plain Paratha (2 pcs), Aloo Chana (150 gm), Achar, Egg / Banana (1 pc). | Plain Rice, Plain Roti, Black Masoor Dal, Kashmiri Aloo Dum, Fish Fry / Motor Paneer, Papad and Pickle | Plain Rice, Ghee Roti / Plain Roti, Aloo Gobi / Baingan Bharta, Aarahar Dal, Vegetable Kofta, Salad and Pickle |
| Sunday | Masala Dose, Sambhar. Coconut Chutney Sprouts | Plain Rice, Ghee Roti, Mix Dal, Aloo Bhujia with ground nut, Papad and Pickle | Veg Biryani, Plain Roti, Chhole, Masala Chicken / Paneer Kofta, Onion Salad and Pickle |

Note:

(i) Only Branded provisions such as Maggi sauces, Catch Masala, Fortune Oil etc. will be used., (ii) Hygiene and cleanliness must be given topmost priority. (iii) Chicken Curry is of 100 gms Chicken with 150 gms Gravy., (iv) Fish / Paneer Curry is of 90 gms Fish / Paneer with 100 gms Gravy., (v) There will be second serving of all items except Chicken, Fish, Egg and Paneer etc., (vi) Sick meal will be provided as and when necessary on prior intimation., (vii) Menu may vary according to seasonal availability of raw materials.