



South Indian Menu | Standard Meals | Week 1 | November 1-7 & 29-30

NOVEMBER 1 & 29	NOVEMBER 2 & 30	NOVEMBER 3	NOVEMBER 4	NOVEMBER 5	NOVEMBER 6	NOVEMBER 7
BREAKFAST						
Semiya Upma	Idli	Peas Upma	Uttappam	Lachha Paratha	Katta Dosa	Idli
Coconut chutney	Onion Tomato sambhar	Coconut chutney	Sambhar/Kara chutney	Spicy veg korma	Sambhar/Kara chutney	Sambhar/Coconut Chutney
Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk
LUNCH						
Egg masala	Erissery	Malabar chicken curry	Potato Okra Masala	Chicken Dum Biryani	Chettinad Fish Curry	Vegetable Puli Curry
Potato carrot eggplant masala		Yam Chana Thoran	Cheera Curry	Raita/Papd	Vegetable korma	Cabbage peas Poriyal
	Moru Curry	Pepper rasam		Mixed Dal fry		Moru Curry
Matta rice	Matta rice	Matta Rice	Matta Rice	Vermicelli Kheer	Matta rice	Matta rice
DINNER						
Mixed Veg Kootu Curry	Nadan Fish Curry Mackerel	Sausage chilli masala	Chicken 65 roasted masala	Sambhar	Cauliflower kadalai korma	Varutharacha Chicken Curry
Beetroot Pachadi	Carrot cabbage thoran	Urulai pavakkai masala	Eggplant murungai puli curry	Cherupayaru thoran	Pulissery	Veg Puli Kuzhambu
Pumpkin More curry		Rasam	Tomato paruppu curry		Rasam	
Pakakkad Matta	Matta rice	Matta Rice	Pakakkad Matta	Matta Rice	Matta rice	Matta rice



South Indian Menu | Standard Meals | Week 2 | November 8-14

NOVEMBER 8	NOVEMBER 9	NOVEMBER 10	NOVEMBER 11	NOVEMBER 12	NOVEMBER 13	NOVEMBER 14
BREAKFAST						
Vermicelli Upma	Oothappam	Idli	Vegetable Upma	Lachha Paratha	Masala Uttappam	Idli
Coconut Chutney	Onion Tomato sambhar	Onion Tomato sambhar	Kadala Curry	Vegetable masala	Sambhar	Sambhar
	Pudina Coriander Chutney	Tomato Chutney			Kara chutney	Coconut Chutney
Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk
LUNCH						
Egg Roast Masala	Vegetable Chettinad	Chicken korma	Kootu curry	Chicken tikka Biryani	Madras Fish Curry	Avial
Kalan		Cabbage peas thoran	More kozhambu	Raita/Papad	Vegetable puli curry	Sambhar
Pepper Rasam	Lemon Dal Rasam	Tomato Puli curry		Mixed Dal fry	Rasam	
Matta rice	Matta rice	Matta Rice	Matta Rice	Semiya Payasam	Matta rice	Matta rice
DINNER						
Chicken pepper masala	Mathi Fish fried	Sausage chilli masala	Beef Aloo masala	Cherupayaru Thoran	Mixed Vegetable Theeyal	Chicken Chilli
Aloo tindali masala	Erissery	Madras veg Pulicurry	Eggplant potao masala	More kozhambu	Tomato Parippu	Cheera Curry
	Rasam	Pumpkin More curry	Tomato paruppu curry			Tomato rasam
Pakakkad Matta	Matta rice	Matta Rice	Pakakkad Matta	Matta Rice	Matta rice	Matta rice

