

Egg masala

Potato carrot eggplant

masala

Matta rice

Beetroot Pachadi

Pumpkin More curry

Pakakkad Matta

Erissery

Moru Curry

Matta rice

Carrot cabbage thoran

Matta rice

Mixed Veg Kootu Curry Nadan Fish Curry Mackerel

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

Chicken Dum Biryani

Raita/Papd

Mixed Dal fry

Vermicelli Kheer

Sambhar

Cherupayaru thoran

Matta Rice

Chettinad Fish Curry

Vegetable korma

Matta rice

Pulissery

Rasam

Matta rice

Vegetable Puli Curry

Cabbage peas Poriyal

Moru Curry

Matta rice

Veg Puli Kuzhambu

Matta rice

Cauliflower kadalai korma Varutharacha Chicken Curry

la de							
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							

Potato Okra Masala

Cheera Curry

Matta Rice

DINNER

Chicken 65 roasted

masala

Eggplant murungai puli

curry

Tomato paruppu curry

Pakakkad Matta

Malabar chicken curry

Yam Chana Thoran

Pepper rasam

Matta Rice

Sausage chilli masala

Urulai pavakkai masala

Rasam

Matta Rice



Tea With Milk

Egg Roast Masala

Kalan

Pepper Rasam

Matta rice

Chicken pepper masala

Aloo tindali masala

Pakakkad Matta

Pudina Coriander Chutney

Tea With Milk

Vegetable Chettinad

Lemon Dal Rasam

Matta rice

Mathi Fish fried

Erissery

Rasam

Matta rice

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

Kara chutney

Tea With Milk

Madras Fish Curry

Vegetable puli curry

Rasam

Matta rice

Mixed Vegetable Theeyal

Tomato Parippu

Matta rice

Coconut Chutney

Tea With Milk

Avial

Sambhar

Matta rice

Chicken Chilli

Cheera Curry

Tomato rasam

Matta rice

Taste of Home						
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

Tea With Milk

LUNCH

Kootu curry

More kozhambu

Matta Rice

DINNER

Beef Aloo masala

Eggplant potao masala

Tomato paruppu curry

Pakakkad Matta

Tea With Milk

Chicken tikka Biryani

Raita/Papad

Mixed Dal fry

Semiya Payasam

Cherupayaru Thoran

More kozhambu

Matta Rice

Tomato Chutney

Tea With Milk

Chicken korma

Cabbage peas thoran

Tomato Puli currry

Matta Rice

Sausage chilli masala

Madras veg Pulicurry

Pumpkin More curry

Matta Rice



Coconut chutney

Tea with Milk

Egg Korma

Vegetable Puli curry

Matta Rice

Travancore Ayala fish

curry

Erissery

Tomato rasam

Palakkadan Matta

Mixed Pickle

Sambar

Coconut Chutney

Tea with Milk

Kerala chicken curry

Beetroot bean thoran

Rasam

Matta Rice

Sausage Chilli Masala

Cheera Curry

Matta Rice

Mixed Pickle

South Indian Menu | Standard Meals | Week 3 | November 15-21

NOVEMBER 15	NOVEMBER 16	NOVEMBER 17	NOVEMBER 18	NOVEMBER 19	NOVEMBER 20	NOVEMBER 21
			BREAKFAST			
Semiya Upma	Idly	Onion tomato Oothappam	Vegetable Upma	Aloo bhaji	ldly	Dosa

Kadala Curry

Tea with Milk

Mathi fish Curry

Beans Thoran

Rasam

Matta Rice

Thengai chicken masala

Cherupayaru Thoran

Milagu Rasam

Matta Rice

Mixed Pickle

DINNER

LUNCH

Lachaa Paratha

Tea with Milk

Malabar Chicken biryani

Raita

Papard

Cut Beans Carrot Thoran

Beetroot Pachadi

Tomato Curry

Matta Rice

Mixed Pickle

Sambar

Tomato Chutney

Tea with Milk

Sambar

Cut Beans Thoran

Milagu rasam

Matta Rice

Chicken korma

Cabbage carrot kootu

Palakkadan Matta

Mixed Pickle

Tomato Sambar

Coconut chutney

Tea with Milk

Fried Fish Mathi

Cheera Curry

Rasam

Matta Rice

Chettinad Chicken

Kovakka Thoran

Dal Rasam

Matta Rice

Mixed Pickle

Sambar

Tomato Chutney

Tea with Milk

Erissery

Cabbage carrot thoran

Matta Rice

Sambhar

Pavakkai Urulai Masala

Palakkadan Matta

Mixed Pickle



Kadalai curry

Tea with Milk

Vegetable Chettinad

Cabbage Thoran

Matta Rice

Chicken 65 Fried

Keerai Paruppu curry

Matta Rice

Mixed Pickle

South Indian Menu | Standard Meals | Week 4 | November 22-28

Sambhar

Tomato corriander

Chutney

Tea with Milk

Malabar Chicken

Biryani

Raita/Papad

Semolina Kheer

Papad/Raita

Pulisserv

Veg Kootu curry

Palakkadan Matta

Mixed Pickle

Sambar

Tomato Chutney

Tea with Milk

Mixed Veg Theeyal

Kumbalanga Pulisseri

Rasam

Matta Rice

sausage Chilli dry

Beans Potato carrot masala

Dal Rasam

Matta Rice

Mixed Pickle

Coconut Chutney

Tea with Milk

Nadan Kozhi curry

Kalan

Matta Rice

Chicken Korma

Cabbage Carrot Thoran

Rasam

Palakkadan Matta

Mixed Pickle

Taste of Home						
NOVEMBER 22	NOVEMBER 23	NOVEMBER 24	NOVEMBER 25	NOVEMBER 26	NOVEMBER 27	NOVEMBER 28
			BREAKFAST			
Vegetable Upma	Katta Dosa	Peas Upma	Idly	Oothappam	Idly	Semiya kitchadi

Sambar

Coconut chutney

Tea with Milk

Chicken Pepper

Cheera Curry

Moru Curry

Matta Rice

Egg Roast Masala

Cabbage peas porival

Dal Rasam

Matta Rice

Mixed Pickle

DINNER

LUNCH

Chana palak Curry

Tea with Milk

Sambhar

Avial

Matta Rice

Varutharacha Chicken

Curry

Vegetable puli curry

Palakkadan Matta

Mixed Pickle

Sambhar

Tomato corriander

Chutney

Tea with Milk

Malabar Fish Curry

Beetroot carrot Thoran

Pepper Rasam

Matta Rice

Cauliflower Kadalai

kurma

More Kozhambu

Matta Rice

Mixed Pickle