

Menu For Hostel During 01-16 July 2020

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Day		Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
09.00 - 09.30 AM	Breakfast	Shavige Bhath Pomaganrate/ any fruit Lemon (on request only) Milk	Poori Sagoo Pomaganrate/ any fruit Lemon (on request only) Milk	Phoa Pomaganrate/ any fruit Lemon (on request only) Milk	Alloo Paratha Pomaganrate/ any fruit Lemon (on request only) Milk	Chow Chow Bhath Pomaganrate/ any fruit Lemon (on request only) Milk	Chhola Bhatura Pomaganrate/ any fruit Lemon (on request only) Milk	Rava Idli Bombay Sagoo Pomaganrate/ any fruit Lemon (on request only) Milk
01.00 to 01.30 PM	Lunch	Rice Sambhar (Drum Stick) Chapati Or Phulka Roti Mixed Veg Sabji Garlic rasam Pappad Fruit Curd	Chitranna Palak Dal Fried Chapati Or Phulka Roti Bhindi Sabji Dry Tomato Rasam Pappad Fruit Curd	Pulav Plain Dal Fry Chapati Or Phulka Roti Mutter Paneer Masala Soup Pappad Fruit Curd	Rice Moong Dal Fry Chapati Or Phulka Roti Mix Veg Tamrind Rasam Pappad Fruit Curd	Veg Biryani Khurma Chapati Or Phulka Roti Aloo Cabage Soup Pappad Fruit Curd	Rice Mixed Dal Fry Chapati Or Phulka Roti Palak Paneer Pepper & Dal Rasam Pappad Fruit Curd	Little millet pongal (kichdi) Sambhar Chapati Or Phulka Roti Brinjal Masala Lemon Rasam Pappad Fruit Curd
04.00 to 04.30 PM	Snack	Benne Muruku Milk	Mix Gram Usli Milk	Pav Bhaji Milk	Onion Pakoda Milk	Usli Kabuli Chana Milk	Alloo Chat Milk	Noodles Milk
07.00 to 07.30 PM	Dinner	Daliya Fry Palin Dal Chapati Or Phulka Roti Palak Aloo Sabji Soup Pappad Payasam	Rice Sambhar Chapati Or Phulka Roti BeetRoot Palya Soup Pappad Ladoo	Rice Mixed Dal Chapati Or Phulka Roti Aloo Capsicum Lemon Rasam Pappad Coconut Burfi	Rice Dal Fry Tadka Chapati Or Phulka Roti Soya Chunks with Gravy Mint Soup Pappad Sabaki Payasam	Rice Sambhar Chapati Or Phulka Roti Bottle Gourd Sabji Jeera Rasam Pappad Badam Puri	Rice Horse gram saar Chapati Or Phulka Roti Horse gram Usali Dum Aloo Pappad Dry Jamun	Rice Dal Chapati Or Phulka Roti Beet Root Palya Ginger Rasam Pappad Kesribath