



MENU FOR THE WEEK 19TH JUNE'17 - 25TH JUNE'17

CONTINENTAL SPECIAL

TIMINGS	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MILK	HORLICKS	BOURNVITA	COMPLAN	BOOST	HORLICKS	BOURNVITA	COMPLAN
7.20-7.50 AM	BFAST	RAVAIDLI	MASALA DOSA	PAV BHAJI	PANEER/VEG STUFF PARANTHA	VEG UPMA	SET DOSA	VEG/EGG NOODLES
		CHUTNEY/SAMBHAR	CHUTNEY	CHOPPED ONION	MINT CHUTNEY	CHUTNEY	CHUTNEY	TOMATO SAUCE
		GHEE/KARAMPUDI	SAMBHAR	-	CURD	-	SAMBHAR	-
		CORN FLAKES	CORN FLAKES	CORN FLAKES	CORN FLAKES	CORN FLAKES	CORN FLAKES	CHACO CHIPS
		B/BUTTER JAM	B/BUTTER JAM	B/BUTTER JAM	B/BUTTER JAM	B/BUTTER JAM	B/BUTTER JAM	B/BUTTER JAM
		B/OMLETTE	B/OMLETTE	B/OMLETTE	B/OMLETTE	B/OMLETTE	B/OMLETTE	B/OMLETTE
		BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG
12.20-1.30	LUNCH							SOUTH INDIAN SPECIAL
	SALAD	VEGETABLE RINGS	BEEETROOT / PEANUT SALAD	FINGER SALAD	SPROUTS SALAD	RUSSIAN SALAD	SHREDDED SALAD	GREEN SALAD
	SOUP		TOMATO SOUP		MANCHOW SOUP			
	RICE	RICE/ONION RICE	JEERA RICE	RICE	RICE	SCHEZWAN RICE	RICE	RICE PONGAL
	ROTI	GHEE ROTI	GHEE ROTI	LACCHA PARANTHA	GHEE ROTI	GARLIC BREAD/DIP	GHEE ROTI	TRIANGLE CHAPATHI
	CURRY	BABY CORN HARIYAL SABZI	ALU CAPSICUM	PANEER BUTTER MASALA	ALU GOBI MUTTER	MACRONI(RE D ONLY)	DIWANI HUNDI	MIX VEG CURRY
	DAL	GARLIC DAL	DAL MAKHANI	MANGO DAL	RAJMA	SPAGETTI	PAPPU CHARU	ALU BONDA
	CURD	CURD	CUCUMBER RAITHA	BUTTER MILK	CURD	ONION RAITHA	CURD	RASAM
	CHUTNEY	GONGURA CHUTNEY	LEMON PICKLE	TURAI CHUTNEY	MANGO PICKLE	WHITE PASTA	PEAS CHUTNEY	CURD RICE
	FRYUMS	RINGS	MASALA FRYUMS	PAPAD	RINGS	FRYUMS	PAPAD	TOMATO CHUTNEY
	SWEET / FRUIT	DOUBLE KA MEETHA	PAPAYA	SEMIYA KHEER	BANANA	FRUIT CUSTARD	RICE KHEER	ICE CREAM
	IK SNACKS	CHOCOLATE CAKE/MILK	FRENCHFRIES/ STRAWBERRY M.S	SAMOSAL/LEMON JUICE	VEG SANDWICH/COLD COFFEE	PASTRY/MILK	-	-
3.45 PM	SNACKS	CHOCOLATE CAKE/MILK	FRENCHFRIES/ STRAWBERRY M.S	SAMOSAL/LEMON JUICE	VEG SANDWICH/COLD COFFEE	PASTRY/MILK	GOLD COIN/JAL JEERA	ONION PAKODI/CHOCOLATE MILKSHAKE
5.30 PM	MILK / JUICE	MILK	MILK	MILK	MILK	ORANGE CRUSH	MILKSHAKE	MILK
8.00-8.30	DINNER		TWO MENUS					
	SALAD	CAESAR SALAD	SOUTH INDIAN SPECIAL	STEAMED VEGETABLES	ONION RINGS	SPROUTS SALAD	MIX VEG CHOP SALAD	GREEN SALAD
	SOUP		AND					
	RICE	RICE	ITALIAN SPECIAL	TOMATO RICE/RICE	VEG FRIED RICE/EGG FRIED RICE	RICE	RICE	RICE
	ROTI	PHULKA		PHULKA	PHULKA	PHULKA	PHULKA	PHULKA
	CURRY	ALU GOBI MUTTER		KADDU CHANA DAL/EGG BHURTI	BRINJAL FRY	GATTE KI SABJI	CARROT BEANS FRY	ALU BHURJI
	DAL	PUDINA DAL		MOONG DAL	TURAI CURRY	CORRIANDER RASAM	ONION DAL	DRUMSTICK SAMBHAR
	CHUTNEY	LEMON PICKLE		MANGO PICKLE	DOSAKAI CHUTNEY	MIX VEG PICKLE	TOMATO CHUTNEY	MANGO PICKLE
9.30-9.40	FRYUMS	FRYUMS		RINGS	FRYUMS	PAPAD	PAPAD	FRYUMS
	CURD	BUTTER MILK		CURD	ONION RAITHA	CURD	CURD	CUCUMBER RAITHA
	SWEET / FRUIT							
	COMPLAN	BOOST	BOURNVITA	HORLICKS	COMPLAN	BOURNVITA	BOOST	HORLICKS

NOTE : Different types of Fryums to be supplied daily.