

| WEEK-1 |                                    |                                      |                                    |                               |                                   |                               |                               |
|--------|------------------------------------|--------------------------------------|------------------------------------|-------------------------------|-----------------------------------|-------------------------------|-------------------------------|
| MEAL   | SUNDAY                             | MONDAY                               | TUESDAY                            | WEDNESDAY                     | THURSDAY                          | FRIDAY                        | SATURDAY                      |
| B      | GOBI PARATHA                       | RAVA IDLI +VADA(2 NO. & 75 gms each) | LACHA PARATHA                      | ONION DOSA                    | POORI                             | PONGAL & SEMIYA UPMA          | MASALA DOSA                   |
| R      | CHANNA MASALA                      | GROUNDNUT CHUTNEY                    | MALAI KOFTA CURRY @                | COCONUT CHUTNEY               | POTATO ONION CURRY                | GROUNDNUT CHUTNEY             | ONION TOMATO CHUTNEY          |
| E      | CURD (QNTY: 2 cups)                | SAMBAR                               |                                    | SAMBAR                        |                                   | SAMBAR                        | SAMBAR                        |
| A      | KETCHUP                            |                                      | KETCHUP                            |                               |                                   |                               |                               |
| K      | BOILED EGG(1 no.)/ BANANA (2 nos.) | OMLET(1 no.)/ BANANA (2 nos.)        | BOILED EGG(1 no.)/ BANANA (2 nos.) | OMLET(1 no.)/ BANANA (2 nos.) | BOILED EGG(1 no.)/BANANA (2 nos.) | OMLET(1 no.)/ BANANA (2 nos.) | OMLET(1 no.)/ BANANA (2 nos.) |
| F      | BREAD, BUTTER & JAM                | BREAD, BUTTER & JAM                  | BREAD, BUTTER & JAM                | BREAD, BUTTER & JAM           | BREAD, BUTTER & JAM               | BREAD, BUTTER & JAM           | BREAD, BUTTER & JAM           |
| A      | TEA, COFFEE & MILK                 | TEA, COFFEE & MILK                   | TEA, COFFEE & MILK                 | TEA, COFFEE & MILK            | TEA, COFFEE & MILK                | TEA, COFFEE & MILK            | TEA, COFFEE & MILK            |
| S      | SUGAR & SALT                       | SUGAR & SALT                         | SUGAR & SALT                       | SUGAR & SALT                  | SUGAR & SALT                      | SUGAR & SALT                  | SUGAR & SALT                  |

|                       |   |  |   |  |  |   |                               |
|-----------------------|---|--|---|--|--|---|-------------------------------|
| L<br>U<br>N<br>C<br>H | CHAPATTI  | CHAPATTI   | POORI   | PUDINA/CORIANDER LEAF CHAPATTI                             | CHAPATTI   | METHI CHAPATTI  | CHAPATTI                      |
|                       | KADAI VEG ~   | RAJMA MASALA   | DUM ALOO  | DAL MAKHANI  | RAJMA MASALA   | BABYCORN MASALA (QNTY: 100 gms) or GATTE KI SABZI                       | GREENPEAS CABBAGE COCONUT CUF |
|                       | CHICKEN BIRIYANI(CHICKEN QNTY: 150 gms) or PANEER BIRIYANI (PANEER QNTY: 150 gms) | METHI SAAG DRY   | BHINDI FRY  | BEANS CARROT DAL COCONUT CURRY                             | BRINJAL FRY  | BEETROOT CHANNA   | PALAK SAAG DRY                |
|                       | DAL FRY   | LADIES FINGER SAMBAR   | RICE  | RICE   | RICE   | RICE  | RICE                          |
|                       | RASAM & ONOIN RAITA   | RASAM & CURD (QNTY: 2 cups)                                      | AHAR DAL FRY  | RADISH SAMBAR  | PANCHRATNA DAL #   | BROAD BEANS SAMBAR  | MASOOR DAL FRY                |
|                       | GARLIC PICKLE   | LEMON PICKLE   | RASAM & CURD (QNTY: 2 cups)   | MIX VEG PICKLE   | RASAM & CURD (QNTY: 2 cups)                              | RASAM & CURD (QNTY: 2 cups)   | RASAM & CURD (QNTY: 2 cups)   |
|                       |   | PAPAD  | LEMON PICKLE  | MIX VEG PICKLE   | GONGURA PICKLE   | MANGO PICKLE  | TOMATO PICKLE                 |
|                       | SUGAR, SALT & GHEE  | PAPAD  | FRYUMS  | SABUDANA PAPAD   | PAPAD  | FRYUMS  | SABUDANA PAPAD                |
|                       | GRAPE JUICE (EVEN Semester) or KOSAMBARI SALAD (ODD Semester)                     | SUGAR, SALT & GHEE   | SUGAR, SALT & GHEE  | SUGAR, SALT & GHEE   | SUGAR, SALT & GHEE                                       | SUGAR, SALT & GHEE  | SUGAR, SALT & GHEE            |
|                       | LEMON JUICE (EVEN Semester) or FRUIT SALAD* (ODD Semester)                        | WATERMELON JUICE (EVEN Semester) or SPROUTS SALAD (ODD Semester) | LEMON JUICE (EVEN Semester) or ONION CARROT BEETROOT SALAD (ODD Semester) | LEMON JUICE (EVEN Semester) or FRUIT SALAD* (ODD Semester) | GRAPE JUICE (EVEN Semester) or CORN SALAD (ODD Semester) | WATERMELON JUICE (EVEN Semester) or ONION CUCUMBER SALAD (ODD Semester) |                               |

|                            |                                   |   |                                       |                                     |  |   |                                   |
|----------------------------|-----------------------------------|---|---------------------------------------|-------------------------------------|--|---|-----------------------------------|
| S<br>N<br>A<br>C<br>K<br>S | VEG CUTLET(2 NO. & QNTY: 100 gms) | MIRCHI/BANANA BHAJJI(2 NO. & QNTY: 100 gms) | MIX VEG MAGGI(1 dish & QNTY: 100 gms) | BREAD PAKODA (2 No & QNTY: 100 gms) | KACHORI(1no. & QNTY: 100 gms) & TAMARIND CHUTNEY | BLACK CHANNA SUNDAL(1 bowl & QNTY: 100 gms) | SAMOSA(2 no. & QNTY: 50 gms each) |
|                            | KETCHUP                           | TOMATO CHUTNEY                              | KETCHUP                               | KETCHUP                             | KETCHUP  | -   | KETCHUP                           |
|                            | MILK                              | MILK  | MILK                                  | MILK                                | MILK   | MILK  | MILK                              |
|                            | TEA                               | TEA   | TEA                                   | TEA                                 | TEA  | TEA   | TEA                               |
|                            | COFFEE                            | COFFEE                                      | COFFEE                                | COFFEE                              | COFFEE   | COFFEE                                      | COFFEE                            |
|                            | SUGAR                             | SUGAR                                       | SUGAR                                 | SUGAR                               | SUGAR  | SUGAR                                       | SUGAR                             |

|                            |                                 |                                |                           |  |   |   |                             |
|----------------------------|---------------------------------|--------------------------------|---------------------------|--|---|---|-----------------------------|
| D<br>I<br>N<br>N<br>E<br>R | VEG SHEZWAN RICE & WHITE RICE   | LEMON/TAMARIND/TOMATO RICE //  | WHITE RICE                | WHITE RICE   | WHITE RICE                                    | WHITE RICE  | WHITE RICE                  |
|                            | SAMBAR                          | SAMBAR                         | SAMBAR                    | SAMBAR   | SAMBAR  | SAMBAR  | SAMBAR                      |
|                            | PHULKA                          | PHULKA                         | VEG BIRIYANI              | PHULKA   | PHULKA  | PHULKA  | PLAIN DOSA                  |
|                            | ARBI KI KADHI                   | PANCHRATNA DAL #               | ONION CUCUMBER RAITA      | RAJMA MASALA   | BLACK CHANNA MASALA                           | 5 BEANS DRY CURRY %   | ALOO JEERA FRY              |
|                            | ONION RAITA                     | COCONUT CHUTNEY                | MIX-VEG KURMA ~           | PANEER MALAI KOFTA (PANEER QNTY: 150 gms) @ or FISH IN MUSTARD OIL/SARSON MACHI (FISH QNTY: 150 gms) | MALABAR VEG DRY CURRY/ BEETROOT & COCONUT DRY | MALABAR PANEER (PANEER QNTY: 150 gms) or CREAMY CHICKEN (CHICKEN QNTY: 150 gms) | COCONUT CHUTNEY             |
|                            | GOBI MANCHURIAN DRY             | RAW BANANA DRY CURRY           | BHINDI DOPYAAZA DRY       | FLAVOURED MILK (QNTY: 200 ml) &  | BOOST (MILK) (QNTY: 200 ml)                   | FLAVOURED MILK (QNTY: 200 ml) &   | PUNJABI TADKA DAL           |
|                            | BUTTERMILK (QNTY: 200 ml)       | FLAVOURED MILK (QNTY: 200ml) & | BUTTERMILK (QNTY: 200 ml) | BREAD CUSTARD(1 bowl)  | GULAB JAMUN (2 no. & each QNTY: 50 gms)       | -   | BOOST (MILK) (QNTY: 200 ml) |
|                            | ICECREAM (1 cup of QNTY: 100ml) | -                              | -                         | MANGO PICKLE   | GARLIC PICKLE                                 | TOMATO PICKLE   | FRUIT KESARI(1 bowl)        |
|                            | MIX VEG PICKLE                  | LEMON PICKLE                   | MANGO PICKLE              | MIXED SEASONAL FRUIT !   | MIXED SEASONAL FRUIT !                        | MIXED SEASONAL FRUIT !  | GONGURA PICKLE              |
|                            | MIXED SEASONAL FRUIT !          | MIXED SEASONAL FRUIT !         | MIXED SEASONAL FRUIT !    |  |   |   | -                           |

\* MUST CONTAIN BANANAS, PINEAPPLES, GRAPES, ORANGES, POMEGRANATES & HONEY

# MUST CONTAIN THESE VARIETIES OF DAL: MASOOR DAL, MOONG DAL, URAD DAL/TUR DAL, RAJMA DAL, CHANA DAL

@ SHOULD BE MADE WITH VEGETABLE KOFTA BALLS & NOT CUT VEGETABLES

~ QNTY of Potato in curry should not be more than 25%

! MIN. 4 CUT FRUITS OF EQUAL PROPORTION & NET QNTY: 100 gms

// LEMON, TAMARIND & TOMATO RICE SHOULD BE MADE ALTERNATIVELY.

% MUST CONTAIN THESE PEAS: 1.Chickpeas (Chole) 2. Kidney Beans (Rajma) 3. Whole Black Gram (Sabut Urad) 4. Black Eyed Bean (Lobia) 5. Whole Green Gram / Mung Bean (Sabut Moong)

\$ TYPES OF FISHES TO BE USED: ROHU, KATLA, TILAPIA, & TUNA

& FLAVOURED MILK SHOULD BE OF THESE VARIETIES- ROSE, STRAWBERRY, BANANA CHOCOLATE & KESAR BADAM. IT SHOULD NOT BE REPEATED MPRE THAN ONCE IN A WEEK.

\*\* ITEMS IN WHICH QUANTITY IS NOT MENTIONED IS SUPPOSED TO UNLIMITED.

\*\* CHICKEN SHOULD BE SKINLESS, PROPERLY CLEANED & WEIGHT OF BONES SHOULD NOT BE MORE THAN 25% OF WEIGHT OF CHICKEN PIECES.

\*\* A STUDENT CAN CHOOSE TO EAT EITHER VEG/NON-VEG ITEMS PROVIDED IN A MEAL.

\*\*A sweet on every festival other than the given menu & Dosa Mela (with 5 different Varieties of Dosa) is necessary.

| MEAL | WEEK-2   |   |  |  |  |  |   |
|------|--|---|--|--|--|--|---|
|      | SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
| B    | ALOO PARATHA   | PESARATTU & UPMA  | LACHA PARATHA  | RAVA IDLI +VADA(2 NO. & 75 gms each)                     | PONGAL & SEMIYA UPMA   | POORI  | MASALA DOSA   |
| R    | CHANNA MASALA  | GROUNDNUT CHUTNEY   | MALAI KOFTA CURRY @  | MINT CORIANDER CHUTNEY                                   | GROUNDNUT CHUTNEY  | POTATO ONION CURRY   | ONION TOMATO CHUTNEY  |
| E    | CURD (QNTY: 2 cups)  | TAMARIND SAMBAR   |  | BRINJAL SAMBAR   | TOMATO SAMBAR  |  | MULLANGI SAMBAR   |
| A    | KETCHUP  |   | KETCHUP  |  |  |  |   |
| K    | BOILED EGG(1 no.)/BANANA (QNTY: 2 nos.)  | OMLETE(1 no.)/BANANA (QNTY: 2 nos.)                                     | BOILED EGG(1 no.)/BANANA (QNTY: 2 nos.)                    | OMLETE(1 no.)/BANANA (QNTY: 2 nos.)                      | BOILED EGG(1 no.)/BANANA (QNTY: 2 nos.)  | OMLETE(1 no.)/BANANA (QNTY: 2 nos.)  | BOILED EGG(1 no.)/BANANA (QNTY: 2 nos.)                                       |
| F    | BREAD, BUTTER & JAM  | BREAD, BUTTER & JAM   | BREAD, BUTTER & JAM  | BREAD, BUTTER & JAM                                      | BREAD, BUTTER & JAM  | BREAD, BUTTER & JAM  | BREAD, BUTTER & JAM   |
| A    | TEA, COFFEE & MILK   | TEA, COFFEE & MILK  | TEA, COFFEE & MILK   | TEA, COFFEE & MILK                                       | TEA, COFFEE & MILK   | TEA, COFFEE & MILK   | TEA, COFFEE & MILK  |
| S    | SUGAR & SALT   | SUGAR & SALT  | SUGAR & SALT   | SUGAR & SALT   | SUGAR & SALT   | SUGAR & SALT   | SUGAR & SALT  |
| L    | CHAPATTI   | CHAPATTI  | CHAPATTI   | METHI CHAPATTI   | POORI  | PUDINA/CORIANDER LEAF CHAPATTI   | CHAPATTI  |
| U    | CHICKEN BIRIYANI (CHICKEN QNTY: 100 gms) or PANEER BIRIYANI (PANEER QNTY: 150 gms) | RAJMA DAL   | BRINJAL FRY  | RAJMA DAL  | DUM ALOO   | BHINDI DOPYAAZA GRAVY  | DAL MAKHANI   |
| N    | 5 BEANS CURRY %  | PALAK SAAG DRY  | METHI SAAG DRY   | BEANS CARROT DAL COCONUT CURRY                           | BHINDI FRY   | PALAK CHOLE CURRY  | GREENPEAS CABBAGE COCONUT DRY   |
| C    |  | RICE  | RICE   | RICE   | RICE   | RICE   | RICE  |
| H    |  | LADIES FINGER SAMBAR  | LALUKI CHANA DAL   | BROAD BEANS SAMBAR                                       |  | RADISH SAMBAR  | PANCHRATNA DAL #  |
|      | RASAM & ONION RAITA(QNTY: 2 cups)  | RASAM & CURD (QNTY: 2 cups)   | RASAM & CURD (QNTY: 2 cups)                                | RASAM & CURD (QNTY: 2 cups)                              | RASAM & CURD (QNTY: 2 cups)  | RASAM & CURD (QNTY: 2 cups)  | RASAM & CURD (QNTY: 2 cups)   |
|      | GARLIC PICKLE  | MANGO PICKLE  | LEMON PICKLE   | GONGURA PICKLE   | MIX VEG PICKLE   | MANGO PICKLE   | LEMON PICKLE  |
|      |  | PAPAD   | SABUDANA PAPAD   | FRYUMS   | PAPAD  | FRYUMS   | SABUDANA PAPAD  |
|      | SUGAR, SALT & GHEE   | SUGAR, SALT & GHEE  | SUGAR, SALT & GHEE   | SUGAR, SALT & GHEE                                       | SUGAR, SALT & GHEE   | SUGAR, SALT & GHEE   | SUGAR, SALT & GHEE  |
|      | GRAPE JUICE (EVEN Semester) or KOSAMBARI SALAD (ODD Semester)                      | WATERMELON JUICE (EVEN Semester) or ONION-CUCUMBER SALAD (ODD Semester) | LEMON JUICE (EVEN Semester) or FRUIT SALAD* (ODD Semester) | GRAPE JUICE (EVEN Semester) or CORN SALAD (ODD Semester) | SUGAR, SALT & GHEE WATERMELON JUICE (EVEN Semester) or ONION CARROT SPROUTS SALAD (ODD Semester) | LEMON JUICE (EVEN Semester) or FRUIT SALAD* (ODD Semester)                               | GRAPE JUICE (EVEN Semester) or ONION CARROT BEATROOT SALAD (ODD Semester)     |
| S    | VEG CUTLET(2 NO. & QNTY: 100 gms)  | VEG SANDWICH(2 no. & QNTY: 100gms)                                      | MIRCHI/BANANA BHAJJI(2 no. & QNTY: 100 gms)                | GROUNDNUT SUNDAL(1 bowl & QNTY: 100 gms)                 | MIX VEG MAGGI(1 bowl & QNTY: 100 gms)  | BREAD PAKODA (2 no. & QNTY: 100 gms)   | SAMOSAS(2 no. & QNTY: 100 gms each)   |
| A    | KETCHUP  | KETCHUP   | TOMATO CHUTNEY   |  | KETCHUP  | KETCHUP  | KETCHUP   |
| C    | MILK   | MILK  | MILK   | MILK   | MILK   | MILK   | MILK  |
| K    | TEA  | TEA   | TEA  | TEA  | TEA  | TEA  | TEA   |
| S    | COFFEE   | COFFEE  | COFFEE   | COFFEE   | COFFEE   | COFFEE   | COFFEE  |
|      | SUGAR  | SUGAR   | SUGAR  | SUGAR  | SUGAR  | SUGAR  | SUGAR   |
| D    | LEMON/TAMARIND/TOMATO RICE ~   | WHITE RICE  | WHITE RICE   |  | WHITE RICE   | WHITE RICE & JEERA RICE  | WHITE RICE  |
| I    | SAMBAR   | SAMBAR  | SAMBAR   |  | SAMBAR   | SAMBAR   | SAMBAR  |
| N    | PHULKA   | MAKKE KI ROTI   | PHULKA   |  | VEG BIRIYANI   | PHULKA   | IDLI & COCONUT CHUTNEY  |
| N    | COCONUT CHUTNEY  | PUNJABI TADKA DAL   | TADKA DAL  |  | ONION CUCUMBER RAITA   | GOBI MANCHURIAN DRY  | TADKA DAL   |
| E    | DAL FRY  | GOBI MASALA   | NAVRATAN KORMA   |  | CARROT BEANS CURRY   | PANEER KOFTA CURRY (PANEER QNTY: 100 gms) @ or CHILLI FISH CURRY (Fish QNTY: 150 gms) \$ | BABYCORN MASALA DRY (BABYCORN QNTY: 100 gms) or GATTE KI SABZI (QNTY: 100gms) |
| R    | CHICKPEAS & SPINACH CURRY  | SARSON KA SAAG  |  |  | DAL FRY  | FLAVOURED MILK(QNTY: 200ml) &  | BOOST (MILK) (QNTY : 200 ml)  |
|      | FLAVOURED MILK (QNTY: 200ml)&  | BOOST (MILK) (QNTY: 200ml)  | BUTTERMILK (QNTY: 200ml)                                   |  | BUTTERMILK(QNTY: 200ml)  | FLAVOURED MILK(QNTY: 200ml) &  | BOOST (MILK) (QNTY : 200 ml)  |
|      | -  | GULAB JAMUN(2 no.)  | -  |  | ICECREAM (1 CUP of QNTY: 100 ml)   | -  | FRUIT KESAR(1 bowl)   |
|      | MANGO PICKLE   | TOMATO PICKLE   | LEMON PICKLE   |  | GONGURA PICKLE   | MANGO PICKLE   | TOMATO PICKLE   |
|      | MIXED SEASONAL FRUIT !   | MIXED SEASONAL FRUIT !  | MIXED SEASONAL FRUIT !                                     | SPECIAL DINNER   | MIXED SEASONAL FRUIT !   | MIXED SEASONAL FRUIT !   | -   |

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! EVERYDAY MIN. 4 CUT FRUITS & QNTY: 100 gms

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