

MENU FOR THE WEEK 21ST JAN 2019 - 27TH JAN 2019

CONTINENTAL SPECIAL

REPUBLIC DAY

TIMINGS	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.45-6.55 AM	MILK	HORLICKS	BOURNVITA	COMPLAN	BOOST	HORLICKS	BOURNVITA	HOT COFFEE
8.00-8.30 AM	BFAST	IDLI	PAV BHAJI	VADA	MASALA DOSA	POHA	UTTAPPAM	EGG/VEG NOODLES
		CHUTNEY/SAMBHAR	CHOPPED ONION	CHUTNEY	CHUTNEY	RED CHUTNEY	CHUTNEY	TOMATO SAUCE
		GHEE/KARAMPUDI	-	SAMBHAR	SAMBHAR	-	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
12.30-1.30 PM	LUNCH							
	SALAD	VEGETABLE RINGS	BEETROOT / PEANUT SALAD	ONION TOMATO SLICES	SPROUTS SALAD	RUSSIAN SALAD	FINGER SALAD	
	SOUP		VEG CORN SOUP		MANCHOW SOUP			
	RICE	RICE/ TAMARIND RICE	JEERA RICE	VEG PULAV	RICE	SCHEZWAN RICE	RICE	
	ROTI	GHEE ROTI	GHEE ROTI	GHEE ROTI	GHEE ROTI	GARLIC BREAD/DIP	GHEE ROTI	
	CURRY	METHI CHAMAN	MIX VEG DRY	GAJAR MUTTER	BHENDI FRY	MACRONI(RED ONLY)	RED CHANA DRY	
	DAL	GARLIC DAL	DAL MAKHANI	KAIR SANGRI	RAJMA	SPAGETTI	VEG SAMBHAR	SPECIAL LUNCH
	CURD	BUTTER MILK	CUCUMBER RAITHA	BOONDI RAITHA	CURD	ONION RAITHA	CURD	
	CHUTNEY	GONGURA CHUTNEY	LEMON PICKLE	TOMATO CHUTNEY	MANGO PICKLE	WHITE PASTA	PEAS CHUTNEY	
	FRYUMS	RINGS	MASALA FRYUMS	PAPAD	RINGS	FRYUMS	PAPAD	
	SWEET / FRUIT	ANGOORI GULAB JAMUN	BANANA	PAPAYA	MUSK MELON	BALUSHA	RICE KHEER	
	IK SNACKS	CHOCOLATE CAKE/ MILK	IRANI SAMOSA/ STRAWBERRY M.S	MIXTURE/ORANGE JUICE	BURGER/MILK	CUPCAKE/MILK	-	
3.05 PM	SNACKS	CHOCOLATE CAKE/ MILK	IRANI SAMOSA/ STRAWBERRY M.S	VEG SANDWICH/ ORANGE JUICE	BURGER/ COLD COFFEE	CUPCAKE/MILK	DABELI/W.M JUICE	MIRCHI BHAJJI/ P.A JUICE
5.30 PM	MILK / JUICE	MILK	MILK	MILK	MILK	MILK	MILK	MILK
8.30-9.00 PM	DINNER							
	SALAD	CAESAR SALAD		STEAMED VEGETABLES	ONION RINGS	FINGER SALAD	SPROUTS SALAD	BEETROOT / PEANUT SALAD
	SOUP		TWO MENUS					
	RICE	RICE		RICE	EGG/VEG FRIED RICE	RICE	RICE	RICE
	ROTI	PHULKA		ALU PARANTHA	PHULKA	PHULKA	PHULKA	PHULKA
	CURRY	CABBAGE PORIAL/ EGG BHURJI	SOUTH INDIAN	EGG CURRY/ TOMATO CURRY	BAGARA BAIGAN	TURAI CURRY	ONION CAPSICUM	JEERA ALU
	DAL	GARLIC DAL	&	ONION DAL	DAL TADKA	VEG SAMBHAR	PALAK DAL	CORRIANDER RASAM
	CHUTNEY	LEMON PICKLE	ITALIAN	MANGO PICKLE	DOSAKAI CHUTNEY	TOMATO CHUTNEY	MANGO PICKLE	PEAS CHUTNEY
	FRYUMS	FRYUMS		POTATO CHIPS	FRYUMS	PAPAD	FRYUMS	PAPAD
	CURD	CURD		CURD	ONION RAITHA	CURD	BUTTER MILK	CURD
	SWEET / FRUIT							
9.30-9.45 PM	COMPLAN	BOOST	BOURNVITA	HORLICKS	COMPLAN	BOOST	HORLICKS	COMPLAN

NOTE :

Different types of Fryums to be supplied daily.
Wherever Veg curries are mentioned different types of vegetable to be used as per season.
Milk/ Juice: different flavours to be supplied

ISSUED BY
DIRECTOR