

Category I: Athletes & Officials

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ATHLETES & OFFICIALS

CATEGORY - 1

INDICATIVE MENU

27.01.2015

I. Morning Tea

1. Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. Break Fast

1. Fruit Juice : Pineapple Juice
2. Bread/Bread Toast, Butter, Jam
3. Boiled Egg & Scrambled Egg
4. Cornflakes & Milk (hot/cold)
5. Dosai/Upma/Chutney /Sambar
6. Poori/Paratha/Alu Paratha with Pickles Lime/Mango
7. Sabji
8. Fresh Cut fruits – Papaya
9. Milk/Tea/Coffee/Black Tea/ Black Coffee
10. Curd

III. Lunch

1. Cold Drinks: Orange Juice
2. Veg. Fried Rice
3. Plain Rice (Basmati) and Boiled Rice
4. Rotti/Naan/Chappathi (mixed)
5. Mixed Vegetable Pie
6. Fish Curry Kerala (Seer Fish/Ayikora)
7. Aloo Paneer Khorma
8. Dal Fry
9. Rasam
10. Curd, Papad
11. Vegetable Salad
12. Chicken Curry (Kerala)
13. Chutney Pickle (Gooseberry)
14. Sweet: Kessari
15. Branded Ice Cream
16. Cut Fruit: Pineapple

IV. Packed Lunch

1. Bread/Jam/Butter/Tomato Sauce packet
2. Veg. fried Rice
3. Chappathi /Naan/Rotti (Mixed)
4. Aloo Paneer Masala (dry) (in Veg. Packet)
5. Veg. Cutlet (in Veg. Packet)
6. Chicken (Boneless) dry fry (in Non-Veg. Packet)
7. Sweet: Kessari
8. Orange (one)
9. Plastic Spoon, Napkins
10. One carry bag

V. **Evening Tea:**

1. Tea/Coffee/Lemon Tea
2. Snacks (Samosa and Veg. Cutlet)

VI. **Dinner**

1. Cream of Tomato Soup
2. Veg. Biryani
3. Plain Rice /Boiled Rice
4. Pulka Rotti/Naan/Rumalli Rotti (mixed)
5. Paneer Mutter
6. Cauliflower Orly
7. Chicken Tandoor
8. Fish Orly
9. Chutney, Pickles (Gooseberry, Lime)
10. Papad
11. Dal Fry
12. Rasam, Sambar, Curd
13. Vegetable Salad
14. Sweet : Gajar Ka Halwa
15. Branded Ice Cream
16. Fresh Cut Fruits: Papaya/Guava/ Grapes/Pineapple/ Apple

I. Morning Tea :

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. Break Fast:

1. Fruit Juice: Lichi Juice
2. Bread/Bread Toast/Butter/Jam
3. Fried Eggs/Scrambled Eggs
4. Cornflakes and milk (hot and cold)
5. Idli/Vadai Chutney, Sambar
6. Stuffed Paratha/Gobhi Paratha, Kerala Paratha with pickle
7. Potato Curry
8. Fresh Cut Fruits: Pineapple/Papaya
9. Milk/Tea/Coffee/Black Tea/Black Coffee
10. Fruit: Banana, Pineapple
11. Curd

III. Lunch:

1. Cold Drink: Orange Juice
2. Lemon Rice
3. Plain Rice (Sonachur/Basmati)/Boiled Rice
4. Rotti/Naan/Chappathi (Mixed)
5. Rajma Masala
6. Fish Curry (White Tuna / Seer Fish)
7. Veg. Stew
8. Dal Tomato Masala
9. Rasam/Sambar, Pickle (Lime)
10. Curd
11. Cut Fruits : Watermelon
12. Veg. Salad
13. Chicken Kofta Curry
14. Sweet: Coconut Laddu
15. Branded Ice Cream

Packed Lunch

1. Bread/Butter/Jam/Tomato Sauce Packet
2. Lemon rice
3. Chappathi/Naan/Rotti (mixed)

4. Veg. Bullets (in veg. packet)
5. Alu Gobi/Dry Masala
6. Mutton Fry(boneless) (in non veg. packet)
7. Sweet: Coconut Laddu
8. Fruit: Apple
9. Plastic Spoon, Napkin
10. One, Carry Bag

V. Evening Tea:

1. Tea/Coffee/Lemon Tea
2. Snacks: Veg. Pastry/banana fritters

VI. Dinner :

1. Hot & Sour Soup (Veg.)
2. Veg. Biryani
3. Plain Rice /Boiled Rice
4. Rotti/Naan/Chappathy/Rumali Rotti (Mixed)
5. Paneer Palak
6. Mutton Curry (Kerala)
7. Fish (Seer fish) fried
8. Veg. Salad
9. Chutney /Pickles
10. Green Spinach Leaf Dal
11. Rasam/Sambar
12. Curd/Pappad
13. Bangali Sweet
14. Branded Ice Cream
15. Mixed Fruits (Grapes/ Orange/Apple/Pineapple)

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MENU

29/01/2015

I. Morning Tea

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. Break Fast:

1. Fruit Juice: Apple Juice
2. Bread/Bread Toast/Butter/Jam
3. Boiled Eggs/Scrambled Eggs
4. Cornflakes and milk (hot and cold)
5. Masal Dosai/Puri/Chutney, Sambar
6. Parathas/Alu Paratha/Batoora with Pickle (Gooseberry)
7. Sabji
8. Milk/Tea/Coffee/Black Tea/Black Coffee
9. Fruit: Watermelon (Cut)
10. Curd

III. Lunch: Buffet

1. Cold Drinks: Guava Juice
2. Jeera Rice
3. Plain Rice (Basmati)/Boiled Rice
4. Rotti/Naan/Chappathi (Mixed)
5. Mushroom dry Masala (dry)
6. Goan Fish Curry
7. Shahi Paneer
8. Chutney, Pickle
9. Dal Green Spinach
10. Rasam/Sambar
11. Curd
12. Veg. Salad
13. Chicken Kofta Curry
14. Laddu
15. Branded Ice Cream

Packed Lunch

1. Bread/Butter/Jam Tomato Sauce
2. Veg. Biryani
3. Chappathi/Naan /Rotti (mixed)
4. Mixed Veg. Fried (in veg. packet)
5. Chicken (boneless) (in non Veg. packet)
6. Alu Ghobi (dry)
7. Sweet: Coconut Laddu

8. Banana (one)
9. Plastic Spoon, Napkin
10. One Carry Bag

V. Evening Tea:

1. Tea/Coffee/Lemon Tea (all)
2. Snacks Banana Fry and Vadai

VI. Dinner

1. Sweet corn Veg. Soup
2. Veg. Noodles
3. Plain Rice /Boiled Rice
4. Rotti/Naan/Rumali Rotti (mixed)
5. Veg. Biryani and Chicken Biryani
6. Veg. Salad
7. Paneer Kofta Curry
8. Cauliflower batter fried
9. Chicken Tandoori
10. Fish Curry (Kerala)
11. Garlic Chicken
12. Veg. Manchurian
13. Chutney /Pickles – Any two (mango/lemon/gooseberry)
14. Papad/Rasam/Sambar/Curd
15. Mixed Cut Fruits: Pineapple/Apple and Orange/Grapes)
16. Sweet Laskara
17. Branded Ice Cream

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MENU

30/01/2015

I. Morning Tea

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. Break Fast:

1. Fruit Juice: Orange Juice
2. Bread/Bread Toast/Butter/Jam
3. Scrambled Eggs / Boiled Eggs
4. Cornflakes with Milk (hot and cold)
5. Dosai/Idli/Sambar/ Chutney
6. Parathas /Stuffed Paratha/Kerala Paratha
7. Choley
8. Mango pickles
9. Milk/Tea/Coffee/Black Tea/Black Coffee
10. Fruit: Banana
11. Curd

III. Lunch:

1. Fruit Juice : Orange Juice
2. Lemon Rice
3. Plain Rice (Basmati)/Boiled Rice
4. Rotti/Naan/Chappathi (Mixed)
5. Cauliflower dry Masala
6. Mutton Chilli Masala
7. Sage Paneer Masala
8. Fish Curry
9. Pickle (Lime)
10. Rasam/Sambar
11. Papad, Curd
12. Veg. Salad
13. Cut Fruits: Pineapple
14. Sweet: Kessari
15. Branded Ice Cream

Packed Lunch

1. Bread/Butter /Jam /Tomato Sauce
2. Veg. Fried Rice
3. Chappathi/Naan /Rotti (mixed)
4. Bhindi Masala (dry) (in veg. packet)
5. Chicken dry fried (in non Veg. packet)
6. Aloo Matter Masala
7. Sweet: Kessari
8. Orange (one)
9. Plastic Spoon, Napkin
10. One Carry Bag

V. **Evening Tea:**

1. Tea/Coffee/Lemon Tea
2. Snacks: Toordal Vadai (Parippu Vadai)/Samosa

VI. **Dinner**

1. Mixed Veg. Soup
2. Plain (Basumati) Rice /Boiled Rice
3. Veg. Biryani
4. Chicken Biryani
5. Pulka/Rotti/Naan/Chappathy (Mixed)
6. Shahi Paneer
7. Cauliflower Pakoda
8. Dal spinach (Green)
9. Fish Curry
10. Mutton Roast (Kerala)
11. Pappad/Rasam/Sambar/ Curd
12. Veg. Salad (Green)
13. Chutney, Pickles (Lemon / Mango)
14. Sweet: Gulab Jamun
15. Branded Ice Cream
16. Cut Fruits: Papaya/Pineapple/ Grapes/Apple

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MENU

31/01/2015

I. **Morning Tea**

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. **Break Fast:**

1. Fruit Juice: Pineapple Juice
2. Bread/Toast/Butter/Jam
3. Fried Eggs /Scrambled Eggs
4. Cornflakes with Milk (hot and cold)
5. Puri/Pongal/ Sambar/ Chutney
6. Potato Curry
7. Stuffed Paratha – Paratha – Alu Paratha
8. Pickles (Lemon)

9. Milk/Tea/Coffee/Black Tea/Black Coffee
10. Fruit: Banana
11. Curd

III. Lunch:

1. Cold Drinks : Apple Juice
2. Jeera Rice
3. Plain Rice (Sonachur)/Boiled Rice
4. Rotti/Nan/Chappathy (Mixed)
5. Rajma Masala (dry)
6. Fish Molee (seer fish)
7. Veg. Salad
8. Ginger Chicken
9. Paneer Mutter Khorma
10. Dal with Green Spriniach
11. Chutney – Pickle (Mango)
12. Papad/Rasam/Curd
13. Cut Fruits: Pineapple
14. Sweet: Gulab Jamun
15. Branded Ice Cream

Packed Lunch

1. Bread/Butter/Jam/Tomato Sauce packet
2. Plain Rice
3. Chappathi/Naan /Rotti (mixed)
4. Veg. Bullets (in veg. packet)
5. Bhindi Jaipuri
6. Mutton Boneless (dry) (in veg. packet)
7. Sweet: Jalebi
8. Apple (one)
9. Plastic Spoon, Napkin
10. One Carry Bag

V. Evening Tea:

1. Tea/Coffee/Lemon Tea (all)
2. Snacks: Banana Fry /Urud Dal Vdai (Uzhunnu Vadai)

VI. Dinner

1. Mulakutwanni Soup
2. Plain Rice (Basumati) /Boiled Rice

3. Kashmiri Pulau
4. Mutton Biryani
5. Pulka/Rotti/Naan/Chappathi (Mixed)
6. Paneer Mutter Masala
7. Dal Makhni
8. Fish Masala, Kerala
9. Veg. Salad
10. Chicken Curry Kerala
11. Chutney, Pickles
12. Rasam/Sambar/Papad/Curd
13. Sweet: Gajar Ka Halwa
14. Branded Ice Cream
15. Cut Fruits: Guava/Apple/ Pineapple/ Grapes/ Papaya

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MENU

01/02/2015

I Morning Tea

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. Break Fast:

1. Fruit Juice: Mixed Fruit Juice cocktail
2. Bread/Toast/Butter/Jam
3. Boiled Eggs /Scrambled Eggs
4. Cornflakes with Milk (hot and cold)
5. Iddali/Upma/ Sambar Chutney
6. Paratha – Kerala Parathas - Gobhi Paratha
7. Subji
8. Pickle (Mango)
9. Milk/Tea/Coffee/Black Tea/Black Coffee
10. Fruit: Bananas, Papaya
11. Curd

III. Lunch:

1. Cold Drinks : Apple Juice
2. Veg. Fried Rice
3. Plain Rice (basmati)/Boiled Rice
4. Rotti/Naan/Chappathi (Mixed)
5. Brinjal Basta (dry)
6. Fish curry (White tuna/ Sea Fish)
7. Mutton Masala mix
8. Butter Paneer Masala
9. Dal Fry
10. Veg. Salad
11. Rasam, Curd, Papad
12. Chutney – Pickle (Gooseberry)
13. Cut Fruits: Guava/ Pineapple
14. Sweet: Kessari
15. Branded Ice Cream

Packed Lunch

1. Bread/Butter/Jam/Tomato Sauce - packet
2. Veg. Ghee Rice
3. Chappathi/Naan /Rotti (mixed)
4. Veg. cutlet (in veg. packet)
5. Cauliflower Pakkoda
6. Chicken boneless Masala fry (in veg. packet)
7. Sweet: Coconut Laddu
8. Orange (one)
9. Plastic spoon, Napkin
10. One carry bag

V. Evening Tea:

1. Tea/Coffee/Lemon Tea (all)
2. Snacks: Cauliflower Pakkoda /Plantain Bajji

VI. Dinner

1. Hot and sour Veg. Soup
2. Veg. Noodles
3. Plain Rice/Boiled Rice
4. Pulka/Rotti/Nan/ Rumali Rotti (Mixed)
5. Soya Manchurian

6. Navaratna Khorma
7. Chicken Biryani / Veg. Biryani
8. Fish Kerala curry
9. Chutney, Pickles
10. Dal Palak fry
11. Rasam/Sambar/Curd
12. Veg. Salad
13. Garlic Chicken
14. Veg. Manchurian
15. Bengali Sweet
16. Branded Ice Cream
17. Mixed Fruits- Cut Fruit: Papaya/Guava/Apple/Watermelon/Pineapple

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MENU

02/02/2015

I. Morning Tea

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. Break Fast:

1. Fruit Juice: Pineapple Juice
2. Bread/Toast/Butter/Jam
3. Boiled Eggs /Scrambled Eggs
4. Cornflakes with milk (hot and cold)
5. Iddali/Vadai/ Sambar/ Coconut Chutney
6. Poori – Kerala Paratha - Aloo Paratha
7. Choley
8. Pickle
9. Milk/Tea/Coffee/Black Tea/Black Coffee

III. Lunch:

1. Cold Drinks : Watermelon Juice
2. Plain Rice /Boiled Rice/ Lemon rice
3. Dal Tadka
4. Methi Aloo
5. Kadai Paneer
6. Veg. Pulavu
7. Sambar, Rasam, Avial, Curd, Papad, Mint chutney
8. Fish curry (Sea Fish)
9. Chicken Chettinad
10. Mint Chutney, Pickle, Papad
11. Mixed Vegetable Salad
12. Naan/Rumali Rotti/Malabari Paratha/Appam (Any Three)
13. Cut Fruits: Pineapple
14. Sweet: Gulab Jamun
15. Branded Ice Cream

Packed Lunch

1. Bread/Butter/Jam/Tomato Sauce - packet
2. Lemon Rice
3. Chappathi/Naan /Rotti (mix)
4. Mutter Paneer (dry) (in veg. packet)
5. Mutton Masala (Dry) (in non-Veg. Packet)
6. Veg. Fried
7. Sweet: Gulab Jamun
8. Banana (one)
9. Plastic Spoon, Napkin
10. One carry bag

V. Evening Tea:

1. Tea/Coffee/Lemon Tea
2. Snacks: Banana Fry/ Onion Vadai

VI. Dinner

1. Manchow (Soup)
2. Dal Makhni

3. Aloo Potal Fried
4. Shahi Paneer
5. Jeera Rice / Plain rice / Boiled rice
6. Sambar, Rasam, Olan
7. Coconut Rice
8. Curd
9. Mutton Shahi Khorma
10. Hyderabad Chicken Biryani
11. Steamed Rice
12. Veg. Manchurian
13. Mint Chutney, Pickle (Pickle), Papad
14. Mixed Veg. Salad
15. Chappathi – Tandoori Rotti/Nan/ Missi Rotti/ Kerala Paratha - Batoora (mixed)
16. Sweet: Shahi Thukra
17. Branded Ice Cream
18. Cut Fruits : Apple / Grapes /Plantain

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MENU

03.02.2015

I. Morning Tea

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. Break Fast

1. Fruit Juice : Orange Juice
2. Bread/ Toast /Butter/Jam
3. Fried Eggs/Scrambled Eggs
4. Cornflakes with milk (hot/cold)
5. Upma, Veg. Uttappam, Sambar, Coconut Chutney
6. Poori/Gobhi Paratha/Stuffed Paratha with lime pickle
7. Potato curry
8. Curd
9. Banana / Pappaya
10. Milk/Tea/Coffee/Lemon tea

III. Lunch

1. Cold Drink : Guava Juice
2. Plain Rice (Basmati) and Boiled Rice
3. Veg. Pulau
4. Palakcorn
5. Rajmah masala
6. Mixed Veg. Curry
7. Sambar, Rasam, Papad, Curd
8. Beans Poriyal
9. Tomato fish curry
10. Mutton stew
11. Mint chutney, Mixed Salad
12. Tandoori Rotti, Naan, Kerala Paratha with Pickle
13. Sweet : Rasagula
14. Branded Ice cream
15. Cut Fruits: Apple / Watermelon

IV. Packed Lunch

1. Bread/Jam/Butter/Tomato Sauce packet
2. Veg. Biryani
3. Chappathi /Naan/Rotti (Mixed)
4. Palak Paneer (dry) (in Veg. Packet)
5. Aloo Mutter
6. Chicken fried Kerala (in Non-Veg. Packet)
7. Sweet - Kessari
8. Fruit : Orange (one)
9. Plastic Spoon, Napkins
10. One carry bag

V. Evening Tea:

1. Tea/Coffee/Lemon Tea
2. Snacks: Vadai/Plantain Baji

VI. Dinner- (Buffet) :

1. Mushroom Soup
2. Veg. Fried Rice
3. Sukhimoong Dal
4. Aloo Gobhi
5. Paneer Butter Masala
6. Navarattan Pulao
7. Rasam, Sambar, Cabbage Poriyal
8. Fish Amritsari
9. Chicken Khantari Koffa curry
10. Pickle - Mango
11. Curd, Papad
12. Vegetable Salad
13. Chappathi/Tandoori Rotti/ Paratha
14. Sweet : Gajar Ka Halwa
15. Branded Ice Cream
16. Cut Fruits: Papaya /Pineapple

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MENU

04-02-2015

I. Morning Tea

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. Break Fast

1. Fruit juice : Grape Juice
2. Bread/toast, Butter, Jam/Tomato Sauce
3. Cornflakes with Milk (hot and cold)
4. Fried Eggs / Scrambled Eggs
5. Idli/Upma Sambar/Coconut Chutney
6. Poori/Alu Paratha /Stuffed Paratha Pickles (Lime/Mango)
7. Potato Curry
8. Curd
9. Fruit : Plantain / Pineapple (Cut)

10. Milk/Tea/Coffee/Black Tea/ Black Coffee (all)

III. **Lunch**

1. Cold Drinks : Orange Juice
2. Veg. Fried Rice
3. Plain Rice (Sonachur) and Boiled Rice
4. Rotti/Naan/Chappathi (mixed)
5. Bhindi Do Pyasa
6. Fish Moili (Pomfret/Seerfish)
7. Paneer Lababdar
8. Chutney and Pickle
9. Dal Palak
10. Chicken Makhni
11. Rasam, Curd, Papad
12. Vegetable Salad
13. Cut Fruit: Pineapple
14. Sweet: Badam Kheer
15. Branded Ice Cream

IV. **Packed Lunch**

1. Bread/Jam/Butter/Tomato/Sauce in packet
2. Veg. Pulau
3. Chappathi /Naan/Rotti (Mixed)
4. Veg. Cutlet (In Veg. Packet)
5. Cauliflower Pakoda
6. Chicken (Boneless) masala fry (in Non-Veg. Packet)
7. Sweet : Badam Kheer
8. Fruit : Banana
9. Plastic Spoon, Napkins
10. One carry bag

V. **Evening Tea:**

1. Tea/Coffee/Lemon Tea
2. Snacks (Samosa and Veg. Bonda)

VI. **Dinner**

1. Sweet Corn Veg. Soup
2. Veg. Noodles
3. Plain Rice
4. Pulka Rotti/Naan/Rumalli Rotti (mixed)
5. Harabhara Kabab
6. Kadai Vegetables
7. Goan Fish Curry
8. Chicken Biryani and Veg. Biryani
9. Chutney, Pickles, Papad
10. Vegetable Salad
11. Chicken Hot and Sweet
12. Veg. Manchurian
13. Dal Panchmel
14. Sambar, Rasam, Curd
15. Sweet: Jilebi, Branded Ice Cream
16. Cut Fruits: Papaya/Grapes/Pineapple/Apple/Orange

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MENU

05 - 02 -2015

I. **Morning Tea**

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. **Break Fast**

1. Fruit Juice : Pineapple Juice
2. Bread/toast, Butter, Jam/Tomato Sauce
3. Cornflakes with milk (hot / cold)
4. Masala Omlettes / Boiled Eggs
5. Masala Dosai / Uttappam / Sambar/Coconut Chutney
6. Batoora / Plain Paratha / Baked Kulcha with pickle
7. Channa Masala

8. Curd
9. Cut Fruit : Pineapple
10. Milk/Tea/Coffee/Lemon Tea

III. **Lunch**

1. Cold Drink : Lichi Juice
2. Jeera Rice
3. Plain Rice (Basmati) and Boiled Rice
4. Rotti/Naan/Chappathi (mixed)
5. Beans Foogath
6. Paneer Butter Masala
7. Kerala Fish Curry (Sea Fish)
8. Pepper Chicken
9. Dal Panchmel
10. Rasam, Curd, Papad, Chutney, Pickle
11. Vegetable Salad
12. Pepper Chicken
13. Cut Fruit : Apple
14. Sweet : Fruit Custard
15. Branded Ice Cream

IV. **Packed Lunch**

1. Bread/ Butter Jam /Tomato Sauce in packet
2. Veg. Fried rice
3. Chappathi /Naan/Rotti (Mixed)
4. Paneer Butter Masala (dry)
5. Veg. Pakoda (in Veg. packets)
6. Mutton boneless fry (in Non-Veg. Packet)
7. Mutter Ki Kheer
8. Fruit : Banana (one)
9. Plastic Spoon, Napkins
10. One carry bag

V. **Evening Tea:**

1. Tea/Coffee/Lemon Tea

2. Snacks (Potato Baji/Banana fry)

VI. **Dinner**

1. Cream of Tomato soup
2. Veg. Dum Biryani
3. Plain Rice , boiled rice
4. Pulka /Rotti/Naan/Rumalli Rotti (mixed)
5. Paneer Methi Malai
6. Gobhi Mussallam
7. Chicken Tandoori
8. Fish Curry
9. Chutney, Pickles
10. Lauki Channadal
11. Sambar, Rasam, Curd, Papad
12. Veg. salad
13. Sweet : Gajar Ka Halwa
14. Branded Ice Cream
15. Cut Fruits: Papaya/Guava/ Grapes/Pineapple/Apple

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MENU

06/02/2015

I. **Morning Tea**

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. **Break Fast:**

1. Fruit Juice: Pineapple
2. Bread/Toast/Butter/Jam/Tomato sauce
3. Porridge with Milk and Sugar
4. Fried Eggs/Scrambled Eggs
5. Upma/Vadai, Sambar Chutney

6. Poori/Paratha/ Aloo Paratha
7. Pickles (Mango / Gooseberry)
8. Potato Sabji
9. Cut Fruit: Plantain, Papaya
10. Milk/Tea/Coffee/Black Tea/Lemon Tea
11. Curd

III. Lunch:

1. Cold Drinks : Apple Juice
2. Plain Rice/Boiled Rice
3. Jeera Rice
4. Rotti/Naan/Chappathi (Mixed)
5. Aloo Gobhi
6. Fish molee
7. Kadai Paneer
8. Chutney – Pickle
9. Dal Palak
10. Rasam, Curd, Papad
11. Cut Fruits: Pineapple
12. Vegetable Salad
13. Mutton Rogan Josh
14. Sweet: Jilebi
15. Branded Ice Cream

Packed Lunch

1. Bread/Butter/Jam/Tomato Sauce – in packet
2. Jeera Rice
3. Chappathi/Naan /Rotti (mix)
4. Veg. Cutlet(in veg. packet)
5. Chicken Kerala fry (boneless) (in non veg. packet)
6. Sweet: Mysorepak
7. Fruit: Banana (one)
8. Plastic spoon, Napkin
9. One, Carry bag

V. Evening Tea:

1. Tea/Coffee/Lemon Tea
2. Snacks: Samosa / Veg. Pastry

VI. Dinner

1. Hot & Sour – Veg. soup
2. Veg. Noodles
3. Plain Rice/Boiled Rice
4. Pulka/Rotti/Naan/Rumali Rotti (Mixed)
5. Veg. Jalfrezi
6. Paneer Pasanda
7. Chicken Tandoori
8. Fish Curry (Seer Fish)
9. Veg. Salad
10. Chutney, Pickles
11. Masoor Dal
12. Chicken Chilli
13. Veg. Manchurian
14. Rasam/Sambar/Curd /Papad
15. Sweet: Coconut Laddu
16. Branded Ice Cream
17. Mixed Fruits: Papaya/Guava /Grapes/Apple/Pineapple

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MENU

07/02/2015

I. Morning Tea

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. Break Fast:

1. Fruit Juice: Orange Juice
2. Bread/Toast/Butter/Jam/Tomato sauce
3. Cornflakes with milk hot and cold
4. Boiled eggs/Scrambled Eggs
5. Masal Dosai/Vadai, Sambar, Chutney
6. Batoora/Aloo Paratha/Kerala Paratha
7. Choley
8. Pickles - Mango
9. Fruit: Plantain, Papaya

10. Milk/Tea/Coffee/Black Tea/Lemon Tea
11. Curd

III. Lunch:

1. Cold Drinks : Pineapple Juice
2. Plain Rice (Basumati)/Boiled Rice
3. Lemon Rice
4. Rotti/Naan/Chappathi (Mixed)
5. Mixed Veg. Pie
6. Fish: Doi Machali
7. Veg. Salad
8. Kadai Kofta Curry
9. Chutney/Pickle
10. Dal Tadka
11. Rasam, Curd, Papad
12. Shahi Mutton Khorma
13. Sweet: Mysorepak
14. Fruits: Papaya
15. Branded Ice Cream

Packed Lunch

1. Bread/Butter/Jam/Tomato Sauce – in packet
2. Veg. Fried Rice
3. Chappathi/Naan /Rotti (mix)
4. Veg. Pakoda (in veg. packet)
5. Choley (dry)
6. Mutton Masala (Boneless) (in veg. packet)
7. Sweet: Kessari
8. Fruit: Cut Watermelon
9. Plastic spoon, Napkin
10. One carry bag

V. Evening Tea:

1. Tea/Coffee/Lemon Tea (all)
2. Snacks: Banana Fry & Uruddal Vadai

VI. Dinner

1. Sweet corn Veg. soup
2. Veg. Fried Rice
3. Plain Rice/Boiled Rice
4. Pulka/Rotti/Rumali Rotti

5. Gobhi Manchurian
6. Mixed Veg. Paneer masala
7. Shahi Mutton Khorma
8. Fish Crumbed fry (preferably pomfret)
9. Veg. Salad
10. Chutney, Pickles
11. Dal Makhni
12. Rasam/Sambar/Curd /Papad
13. Sweet: Gajar ka Halwa
14. Branded Ice Cream
15. Mixed Fruits: Papaya/Watermelon/Guava /Grapes/Apple/Pineapple

9

MENU

08/02/2015

I. Morning Tea

Tea/Coffee/Black Tea/Black Coffee and Biscuits

II. Break Fast:

1. Fruit Juice: Guava Juice
2. Bread/Toast/Butter/Jam/Tomato sauce
3. Porridge with Milk and Cold Milk
4. Fried eggs/Masala Omelettes
5. Appam/Pongal/Vadai, Sambar, Chutney
6. Plain Paratha / Kerala Paratha /Masal Dosai
7. Mixed Veg. Stew
8. Pickles - Lemon
9. Fruit: Papaya
10. Milk/Tea/Coffee/Black Tea/Lemon Tea
11. Curd

III. Lunch:

1. Cold Drinks : Lichi Juice
2. Plain Rice (Basumati) and Boiled Rice
3. Jeera Rice
4. Rotti/Naan/Chappathi (Mixed)
5. Aloo Mutter Masala (Dry)
6. Fish: Goan Curry
7. Veg. Salad
8. Kadai Vegetables
9. Chutney/Pickle
10. Tomato Pappu
11. Rasam, Curd, Papad
12. Butter Chicken
13. Cut Fruits: Apple
14. Sweet: Mysorepak
15. Branded Ice Cream

Packed Lunch

1. Bread/Butter/Jam/Tomato Sauce – packet
2. Pulavu Rice
3. Chappathi/Naan/Rotti (mixed)
4. Veg. Bullets (in veg. packet)
5. Mixed Veg. Pie
6. Chicken Chettinad fry (boneless) (in non veg. packet)
7. Sweet: Mysorepak
8. Fruit: Banana (one)
9. Plastic spoon, Napkin
10. One carry bag

V. Evening Tea:

1. Tea/Coffee/Lemon Tea (all)
2. Snacks: Samosa, Veg. Cutlet with tomato sauce

VI. Dinner

1. Creamot Tomato Soup
2. Veg. Noodles,
3. Chicken Chilly

4. Veg. Manchurian
5. Plain Rice and Boiled Rice
6. Pulka/Rotti/Naan/ Rumali Rotti (mixed)
7. Dum Aloo
8. Alu Gobhi
9. Chicken Tandoori
10. Mutton Curry
11. Mutton Biryani / Veg. Biryani
12. Chutney, Pickles
13. Dal Palak
14. Rasam/Sambar/Curd /Papad
15. Veg. Salad
16. Sweet: Mutter Ki Kheer
17. Branded Ice Cream
18. Mixed Fruits: - Papaya/ Guava / Watermelon/ Plantain /Grapes

10

MENU

09/02/2015

I. Morning Tea

Tea/Coffee/Black Tea/Black Coffee and
Biscuits

II. Break Fast:

1. Fruit Juice: Apple Juice
2. Bread/Toast/Butter/Jam/Tomato sauce
3. Cornflakes with milk, hot and cold
4. Boiled Eggs/Scrambled Eggs
5. Idli/Pongal/ Sambar Chutney
6. Stuffed Paratha / Aloo Paratha /Dosai
7. Potato curry
8. Pickles (Gooseberry)
9. Cut Fruit: Pineapple / Watermelon
10. Milk/Tea/Coffee/Black Tea/black Coffee
11. Curd

III. Lunch:

1. Cold Drinks : Watermelon juice
2. Plain Rice and Boiled Rice
3. Veg. Fried Rice
4. Rotti/Naan/Chappathi (Mixed)
5. Methi Aloo (Dry)
6. Fish Curry Malabari
7. Kadai Paneer
8. Chutney/Pickle (gooseberry)
9. Dal Tomato
10. Rasam, Curd, Papad
11. Veg. Salad
12. Cut Fruits: Pineapple /Plantains
13. Shahi Mutton Khorma
14. Sweet: Gajar ka Halwa
15. Branded Ice Cream

Packed Lunch

1. Bread/Butter/Jam/Tomato Sauce – packet
2. Veg. Fried rice
3. Chappathi/Naan/Rotti (mixed)
4. Methi Aloo (dry) in Veg.Packet
5. Mixed Veg. Pie
6. Chicken (boneless) dry fry (in non veg. packet)
7. Sweet: Kessari
8. Fruit: Banana (one)
9. Plastic spoon, Napkins
10. One carry bag

V. Evening Tea:

1. Tea/Coffee/Lemon Tea (all)
2. Snacks: Veg.Pastry and Veg. cutlet

VI. Dinner

1. Mushroom Soup
2. Veg. Fried rice
3. Plain Rice (Basumati) and Boiled Rice
4. Pulka/Rotti/Naan/ Rumali Rotti (mixed)
5. Mutter Paneer
6. Kadai Vegetables

7. Fish Molee (Sea fish)
8. Chicken Makhni
9. Chutney, Pickles - Lime
10. Vegetable Bhaji
11. Dal Fry
12. Rasam/Sambar/Curd /Papad
13. Veg. Salad
14. Sweet: Kessari
15. Branded Ice Cream
16. Mixed Cut Fruits: - Papaya/ Guava / Grapes / Pineapple

Volunteers:

Category II

VOLUNTEERS & STAFF
INDICATIVE MENU

CATEGORY - 2

28/01/2015

I. Morning Tea

Tea/Coffee

II. Break Fast:

1. Iddli/Dosai, Ghee, Coconut Chutny, Sambar
2. Banana
3. Appam
4. Veg. Stew
5. Tea, Coffee

III. Lunch:

1. Boiled Rice
2. Chappathi/Paratha (Mixed)
3. Mixed Vegetable Curry
4. Aloo Mutter
5. Chutny, Pickle (Lime)
6. Dal Fry
7. Vegetable Fry
8. Veg. Salad
9. Curd, Papad

Packed Lunch

1. Jeera Rice
2. Poori (4 Nos.) with Aloo Mutter Sabji
3. Pickle (Gooseberry)

V. Evening Tea:

Tea/Coffee

VI. Dinner

1. Plain Rice(Boiled)
2. Pulka/Rotti/Naan (Mixed)
3. Beans Foogath, Sambar, Rasam
4. Mutton Malabari Curry
5. Chutny, Pickle, Curd
6. Veg. Salad
7. Bengali Sweet
8. Fruits: Plantains

MENU
29/01/2015

I. Morning Tea:

Tea/Coffee

II. Break Fast:

1. Poori/Pongal, Ghee, Coconut Chutny, Sambar
2. Read Plantain
3. Aloo Paratha
4. Vegetable Khorma
5. Tea, Coffee

III. Lunch:

1. Plain Rice Boiled
2. Chappathi/Naan (Mixed)
3. Aloo Gobhi
4. Sambar & Avial
5. Chutny, Pickle (Gooseberry)
6. Mixed Veg. Khorma
7. Kadai Vegetables
8. Veg. Salad
9. Curd, Papad

Packed Lunch:

1. Veg. Fried Rice
2. Poori (4 Nos.) with Kadai Vegetables
3. Pickle (Gooseberry)

V. Evening Tea:

Tea/Coffee

VI Dinner :

1. Plain Rice (Basmati)
2. Pulka/Roti/Naan
3. Sambar, Chutny, Pickle, Curd, Papad
4. Fish Curry (Kerala)
5. Veg. Salad
6. Gajar Ka Halwa
7. Fruits: Plantains

I. Morning Tea

Tea/Coffee

II. Break Fast:

1. Iddli/Vadai, Coconut Chutny, Sambar
2. Banana
3. Kerala Paratha
4. Choley
5. Tea, Coffee

III. Lunch:

1. Plain Rice (Basumati)
2. Chappathi/Naan (Mixed)
3. Sambar, Cabbage & Cauliflower Masala
4. Dal Palak
5. Aloo Mutter Masala
6. Chutny, Pickle (Lime)
7. Kadai Vegetables
8. Mixed Veg. Salad
9. Curd, Papad

Packed Lunch

1. Veg. Pulau
2. Poori (4 Nos.) with Sabji
3. Pickle (Lime)

V. Evening Tea:

Tea/Coffee

VI Dinner

1. Plain Rice (Boiled)
2. Pulka/Rotti/Naan
3. Sambar, Chutny, Pickle, Curd, Papad
4. Chicken Masala (Kerala)
5. Veg. Salad
6. Sweet: Mysoorpak
7. Fruits: Plantain

1

MENU
01/02/2015

I. Morning Tea :

Tea/Coffee

II. Break Fast:

1. Upma/Vadai Ghee, Coconut Chutny, Sambar
2. Aloo Paratha with Choley
3. Banana (Steamed) (one)
4. Mixed Veg. Curry
5. Tea/Coffee

III. Lunch:

1. Boiled Rice /Plain Rice
2. Pooori/Chapathy (Mixed)
3. Sambar/ Beans Thoran, Rasam
4. Veg. Malai Kofta Curry
5. Chutny, Pickle
6. Vegetables Rajmal Masala,
7. Dal Tomato
8. Veg. Salad
9. Curd, Papad

Packed Lunch:

1. Jeera Rice
2. Pooori (4 Nos) with Veg. Sabji
3. Pickle (Lime)

V. Evening Tea:

Tea/Coffee

VI Dinner:

1. Plain Rice /Boiled Rice
2. Pulka/Roti/Naan (mixed)
3. Samabar, Rasam, Chutny, Pickle, Curd, Papad
4. Chicken Chilly with Gravy
5. Chutny, Pickle, Curd, Papad
6. Sweet: Kessari
7. Fruit: Banana

MENU
02/02/2015

I. Morning Tea :

Tea/Coffee

II. Break Fast:

1. Idli/Vadai/Ghee/Coconut Chutny, Sambar
2. Paratha
3. Cabbage, Cauliflower Mix Curry
4. Banana
5. Tea/Coffee

III. Lunch:

1. Plain Rice
2. Poori/Paratha (Mixed)
3. Sambar, Rasam, Chutny
4. Paneer Methi Malai
6. Dal Tadka
7. Mixed Veg. Curry
8. Veg. Salad
9. Curd, Pickle, Papad

Packed Lunch:

1. Veg. Fried Rice
2. Poori (4 Nos.) with Paneer Methi Malai (Dry)
3. Pickle (Mango)

V. Evening Tea:

Tea/Coffee

VI Dinner :

1. Plain Rice
2. Pulka/Roti/Naan (Mixed)
3. Kadai Vegetables
4. Mutton Curry (Kerala)
5. Chutny, Pickle, Papad
6. Curd
7. Sweet: Mysorepak
8. Fruit: Red Plantain

3

MENU
03/02/2015

I. Morning Tea:

Tea/Coffee

II. Break Fast:

1. Upma/Pongal/Ghee/Sambar, Chutny
2. Banana (Steamed)
3. Paratha with Mixed Veg. Curry
4. Tea/Coffee

III. Lunch:

1. Plain Rice
2. Poori/Paratha (Mixed)
3. Sambar, Rasam
4. Mixed Veg. Curry
5. Avial, Chutny
6. Mixed Veg. Salad
7. Dal Makhni
8. Curd, Pickle, Papad

Packed Lunch :

1. Veg. Pulau
2. Poori (4 Nos.) with Mixed Veg. Fried
3. Pickle (Mango)

V. Evening Tea:

Tea/Coffee

VI Dinner :

1. Plain Rice
2. Pulka/Roti/Naan (Mixed)
3. Sambar, Avial, Rasam
4. Chicken Curry (Kerala)
5. Chutny, Pickle, Papad
6. Curd
7. Sweet: Gulab Jamun
8. Fruit: Yellow Plantain (Poovan)

4

MENU
04/02/2015

I. Morning Tea :

Tea/Coffee

II. Break Fast:

1. Idli/Vadai/Ghee/ Sambar, Chutny
2. Paratha
3. Mixed Veg. Curry
4. Banana
5. Tea, Coffee

III. Lunch: (Buffet)

1. Plain Rice (Boiled)
2. Poori/Chapathy (Mixed)
3. Sambar, Avial, Rasam, Pickle Papad
4. Mixed Veg. Fried
5. Aloo Mutter Masala
6. Dal Tomato
7. Veg. Salad
8. Curd

Packed Lunch :

1. Lemon Rice
2. Poori (4 Nos.) with Veg. Sabji
3. Pickle (Lime)

V. Evening Tea:

Tea/Coffee

VI Dinner

1. Plain Rice (Boiled)
2. Pulka/Roti/Naan (Mixed)
3. Sambar, Rasam, Pickle, Chutny
4. Chicken Pepper
5. Papad, Curd
6. Sweet: Bengali Sweet
7. Fruit: Banana / Red Plantain

5

MENU
05/02/2015

I. Morning Tea:

Tea/Coffee

II. Break Fast:

1. Upma/Dosai/Ghee/ Sambar, Chutny
2. Paratha with Choley
3. Banana
4. Tea, Coffee

III. Lunch:

1. Plain Rice (Boiled)
2. Pooori/Chapathy (Mixed)
3. Aloo Gobhi
4. Sambar, Rasam, Avial, Thoran, Pickle, Papad,
5. Dal Fry,
6. Mixed Veg. Fry
7. Veg. Salad
8. Curd

Packed Lunch:

1. Jeera Rice
2. Pooori (4 Nos.) with Sabji
3. Pickle (Lime)

V. Evening Tea:

Tea/Coffee

VI Dinner :

1. Plain Rice (Boiled)
2. Pulka/Roti/Naan (Mixed)
3. Mutter Masala
4. Mutton Malabari, Curry
5. Veg. Salad
6. Chutny, Pickle, Curd, Papad
7. Sweet: Gajar Ka Halwa
8. Fruit: Banana

6

MENU
06/02/2015

I. Morning Tea :

Tea/Coffee

II. Break Fast:

1. Idli/Pongal/Ghee/ Sambar, Chutny
2. Paratha
3. Aloo Mutter
4. Banana (Steamed)
5. Tea, Coffee

III. Lunch:

1. Plain Rice (Boiled)
2. Poori/Chapathy
3. Sambar, Thoran, Pickle, Papad,
4. Veg. Khorma
5. Dal Tomato

6. Mutter Masala:

7. Veg. Salad
6. Curd

Packed Lunch :

1. Veg. Fried Rice
2. Poori (4 Nos.)
3. Mutter Masala
4. Pickle (Lime)

V. Evening Tea:

Tea/Coffee

VI Dinner :

1. Plain Rice (Boiled)
2. Pulka/Roti/Naan
3. Aloo Mutter Palak
4. Mutton Curry (Kerala)
5. Veg. Salad
6. Chutny, Pickle, Curd, Papad
7. Sweet: Mysorepak
8. Fruit: Banana

MENU

07/02/2015

I. Morning Tea:

Tea/Coffee

II. Break Fast:

1. Upma/Vadai/Ghee/ Sambar, Chutny
2. Paratha with Choley
3. Mixed Veg. Khorma
4. Banana
5. Tea, Coffee

III. Lunch:

1. Plain Rice (Boiled)
2. Pooori/Chapathy(Mixed)
3. Sambar
4. Kootukari, Thoran
5. Dal Makhni
6. Kadai Vegetables
7. Pickle, Papad
8. Veg. Salad
9. Curd

Packed Lunch:

1. Veg. Pulau
2. Pooori (4 Nos.)
3. Mixed Veg. Fried
4. Pickle (Gooseberry)

V. Evening Tea:

Tea/Coffee

VI Dinner :

1. Plain Rice (Boiled)
2. Pulka/Roti/Naan
3. Mixed Veg. Curry (Kerala)
4. Chicken Malabari Curry
5. Veg. Salad
6. Chutny, Pickle, Curd, Papad
7. Sweet: Kessari
8. Fruit: Plantains

08/02/2015**I. Morning Tea :**

Tea/Coffee

II. Break Fast:

1. Idli/Pongal/Ghee/ Sambar, Chutny
2. Paratha
3. Choley
4. Tea/Coffee

III. Lunch:

1. Plain Rice (Boiled)
2. Pooiri/Chapathy(Mixed)
3. Sambar, Thoran, Chutny, Pickle, Papad
4. Mixed Veg. khorma
5. Dal Tomato
6. Mixed Veg. Curry
7. Curd, Papad
8. Veg. Salad

Packed Lunch:

1. Lemon Rice
2. Pooiri (4 Nos.)
3. Aloo Mutter Masala
4. Pickle (Lime)

V. Evening Tea:

Tea/Coffee

VI Dinner:

1. Plain Rice (Boiled)
2. Pulka/Roti/Naan
3. Aloo Kofta Curry
4. Fish Curry (Kerala)
5. Chutny, Pickle, Curd, Papad
6. Veg. Salad
7. Sweet: Mysorepak
8. Fruit: Banana

MENU
09/02/2015**I. Morning Tea :**

Tea/Coffee

II. Break Fast:

1. Upma/Vadai/Ghee/ Sambar, Chutny
2. Paratha
3. Aloo Sabji
4. Banana (one)
5. Tea/Coffee

III. Lunch:

1. Rice (Boiled)
2. Pooari/Chapathy (Mixed)
3. Sambar, Thoran, Chutny, Pickle,
4. Aloo Mutter Masala
5. Mixed Veg. curry
6. Dal Tomato
7. Curd, Papad
8. Veg. Salad

Packed Lunch:

1. Jeera Rice
2. Pooari (4 Nos.)
3. Aloo masala
4. Pickle (Gooseberry)

V. Evening Tea:

Tea/Coffee

VI Dinner :

1. Plain Rice (Boiled)
2. Pulka/Roti/Naan
3. Aloo Kofta Curry
4. Chicken Shahi Khorma
5. Chutny, Pickle, Curd, Papad
6. Veg. Salad
7. Sweet: Gajar ka Halwa
8. Fruit: Banana

MENU

10/02/2015

I. Morning Tea

Tea/Coffee

II. Break Fast:

1. Iddli/Dosai/Ghee/ Sambar, Chutny
2. Paratha
3. Chanadal Masala
4. Banana (one)
5. Tea/Coffee

III. Lunch:

1. Plain Rice (Boiled)
2. Pooori/Chapathy (Mixed)
3. Veg. Curry (Kerala)
4. Sambar, Chutny, Pickle, Papad
5. Dal Tomato (Kerala)
6. Kadai Vegetables
7. Curd
8. Veg. Salad

Packed Lunch

1. Veg. Fried Rice
2. Pooori/Chappathi (Mixed)
3. Vegetable Palak Corn (Dry)

V. Evening Tea:

Tea/Coffee

VI Dinner

1. Plain Rice (Boiled)
2. Pulka/Roti/Naan
3. Veg. Palak corn Masala
4. Fish Curry (Kerala)
5. Chutny, Pickle, Curd, Papad
6. Veg. Salad
7. Sweet: Mysorepak
8. Fruit: Plantain

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MENU
11/02/2015

I. Morning Tea :

Tea/Coffee

II. Break Fast:

1. Upma/Pongal/ Sambar, Chutny, Ghee
2. Paratha
3. Aloo Mutter Masla
4. Banana (one)
5. Tea/Coffee

III. Lunch:

1. Plain Rice (Boiled)
2. Pooori/Chapathy
3. Sambar, Thoran, Curd, Papad
4. Mixed Veg. Curry
5. Aloo Mutter Masala
6. Chutny, Pickle
7. Veg. Salad

Packed Lunch :

1. Veg. Pulau
2. Pooori (4 nos.)
3. Aloo mutter Masala
4. Pickle (Gooseberry)

V. Evening Tea:

Tea/Coffee

VI Dinner :

1. Plain Rice (Boiled)
2. Pulka/Rotti/Naan (mixed)
3. Mixed Veg. Curry
4. Veg. Salad
5. Chicken Chettinad
6. Chutny, Pickle, Curd, Papad
7. Sweet: Kessari
8. Fruit: Banana

MENU

12/02/2015

I. Morning Tea :

Tea/Coffee

II. Break Fast:

1. Idli/Vadai- Ghee / Sambar, Coconut Chutny
2. Paratha
3. Aloo Onion Masla
4. Banana
5. Tea/Coffee

III. Lunch:

1. Plain Rice (Boiled)
2. Poori/Chapathy (Mixed)
3. Sambar, Thoran
4. Cabbage Mutter Masala
5. Chutny, pickle, Papad
6. Dal Tomato
7. Aloo Ghobi
8. Veg. Salad
9. Curd

Packed Lunch:

1. Lemon Rice
2. Poori (4 Nos) Cabbage Mutter Masala
3. Pickle (Lime)

V. Evening Tea:

Tea/Coffee

VI Dinner:

1. Plain Rice (Boiled)
2. Pulka/Roti/Naan (mixed)
3. Mixed Veg. Curry, Chutny, Pickle, Curd, Papad
4. Mutton Curry Malabari
5. Veg. Salad
6. Sweet: Mysorepak
7. Fruit: Banana

I. Morning Tea :

Tea/Coffee

II. Break Fast:

1. Upma/Pongal Ghee / Sambar, Coconut Chutny
2. Paratha with Mutter Paneer Masala
3. Tea/Coffee
4. Banana

III. Lunch:

1. Plain Rice (Boiled)
2. Sambar, Avial Chutny, Pickle, Curd, Papad
3. Mixed Veg. Fry
4. Dal Tomato
5. Veg. Curry (Kerala)

Packed Lunch :

1. Jeera Rice
2. Poori (4 Nos) Mixed Veg. Fry
3. Pickle

V. Evening Tea:

Tea/Coffee

VI Dinner :

1. Plain Rice (Boiled)
2. Pulka/Roti/Naan (mixed)
3. Aloo mutter Masala
4. Chicken Chettinad
5. Chutny, Pickle, Papad
6. Curd
7. Sweet: Kessari
8. Fruit: Banana

MENU
14/02/2015**I. Morning Tea**

Tea/Coffee

II. Break Fast:

1. Idli/Vadai/Ghee / Sambar, Coconut Chutney
2. Paratha
3. Aloo Mutter Paneer Masala
4. Banana
5. Tea/Coffee

III. Lunch:

1. Plain Rice (Boiled)
2. Pooori/Chapathy (Mixed)
3. Sambar, Chutney, Pickle, Papad
4. Kadai Vegetables
5. Dal Tomato
6. Vegetable Kofta Curry
7. Veg. Salad
8. Curd

Packed Lunch:

1. Veg. Fried Rice
2. Pooori (4 Nos)
3. Cabbage Masala (Dry)
4. Pickle

V. Evening Tea:

Tea/Coffee

VI Dinner

1. Plain Rice
2. Pulka/Roti/Naan (mixed)
3. Mixed Vegetables Curry
4. Fish Curry (Kerala)
5. Chutny, Pickle, Curd, Papad
6. Sweet: Carrot Halwa
7. Fruit: Banana

MENU
15/02/2015**I. Morning Tea :**

Tea/Coffee

II. Break Fast:

1. Upma/Pongal Ghee / Sambar, Coconut Chutney
2. Paratha with Choley
3. Banana
4. Tea/Coffee

III. Lunch:

1. Plain Rice (Boiled)
2. Poori/Chapathy (Mixed)
3. Alu Ghobi
4. Mutter Paneer / Veg. Khorma
5. Chutney, Pickle, Curd, Papad
6. Dal Tomato
7. Banana Pulissery
8. Veg. Salad

Packed Lunch :

1. Veg. Pulau
2. Poori (4 Nos)
3. Alu Ghobi Masala (Dry)
4. Pickle

V. Evening Tea:

Tea/Coffee

VI Dinner:

1. Plain Rice
2. Pulka/Roti/Naan (mixed)
3. Kadai Vegetables
4. Chicken Kadai
5. Chutney, Pickle, Curd, Papad
6. Sweet: Fruit Custard
7. Fruit: Banana