

## Vegetarian Menu – Week 1

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Starter/Poriyal</b>	Idlis	Aloo Bonda	Kyama Idli	Cutlet	Cauliflower 65	Vadai
<b>Curry/Main-Fare</b>	Sambar	Bendakaya Pulusu	Paneer Tikka Masala	Avial	Mixed Veg Curry	Brinjal Curry
<b>Rice</b>	Rice	Rice	Rice	Rice	Rice	Rice
<b>Parotta</b>	2	2	2	2	2	2

## Vegetarian Menu – Week 2

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Starter/Poriyal</b>	Pakoda	samosa + chutney	Vadai	veg frankie	pickled idli	Uthappam
<b>Curry/Main-fare</b>	Saag Paneer	Mixed Veg. Curry	Avial	Bendakaya Pulusu	Sambar	Dal Tadka (Yellow Dal)
<b>Rice</b>	Rice	Rice	Rice	Rice	Rice	Rice
<b>Parotta</b>	2	2	2	2	2	2

## Vegetarian Menu – Week 3

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Starter/Poriyal</b>	veg frankie	samosa + chutney	Pickled Idli	Uthappam	Cauliflower 65	Medhu Vadai
<b>Curry/Main-Fare</b>	Bendakaya Pulusu	Saag Paneer	Sambar	Mixed Veg Curry	Avial	Brinjal Curry
<b>Rice</b>	Rice	Rice	Rice	Rice	Rice	Rice
<b>Parotta</b>	2	2	2	2	2	2

## Vegetarian Menu – Week 4

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Starter/Poriyal</b>	Uthappam	Pickled Idli	Veg. Frankie	Medhu vadai	Samosa+Chutney	Cauliflower 65
<b>Curry/Main-fare</b>	Sambar	Mixed Veg. Curry	Channa Masala	Brinjal Curry	Saag Paneer	Dal Tadka (Yellow Dal)
<b>Rice</b>	Rice	Rice	Rice	Rice	Rice	Rice
<b>Parotta</b>	2	2	2	2	2	2

## Non-Vegetarian Meals – Week 1

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Starter/Poriyal</b>	Egg Podimas	Hyderabadi Chicken	Chicken Pakoda	Kyma Idli	Chicken 65	Fish Fry
<b>Curry/Main-fare</b>	Chicken Chettinad	Irachi Ishtu	CTM	Chicken Kurma	Lamb Vindaloo	Chepa Pulusu
<b>Rice</b>	Rice	Rice	Rice	Rice	Rice	Rice
<b>Parotta</b>	2	2	2	2	2	2

## Non-Vegetarian Meals – Week 2

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Starter/Poriyal</b>	Chicken 65	Fish Fry	Kheema Uthappam	Chicken Frankie	Chicken Wings	Kyma Idli
<b>Curry/Main-fare</b>	Gongura Chicken	Pepper Chicken Curry	Meen Kuzhambu	Chicken Tikka Masala	Irachi Ishtu	Malabar Fish Curry
<b>Rice</b>	Rice	Rice	Rice	Rice	Rice	Rice
<b>Parotta</b>	2	2	2	2	2	2

© 2020 your NCProdakshin

## Non-Vegetarian Meals – Week 3

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Starter/Poriyal</b>	Kheema Uthappam	Chicken Wings	Chicken Pakoda	Fish Fry	Lamb Frankie	Chicken 65
<b>Curry/Main-fare</b>	Pepper Chicken Curry	Gongura Chicken	CTM	Chicken Kurma	Irachi Ishtu	Butter Chicken
<b>Rice</b>	Rice	Rice	Rice	Rice	Rice	Rice
<b>Parotta</b>	2	2	2	2	2	2

## Non-Vegetarian Meals – Week 4

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Starter/Poriyal</b>	Chicken Wings	Fish Fry	Kheema Uthappam	Chicken Pakora	Chicken 65	Kyma Idli
<b>Curry/Main-fare</b>	CTM	Malabar Fish Curry	Lamb Vindaloo	Chicken Chettinad	Pepper Chicken Curry	Chepa Pulusu
<b>Rice</b>	Rice	Rice	Rice	Rice	Rice	Rice
<b>Parotta</b>	2	2	2	2	2	2

© 2020 your NCProdakshin