

**MENU - January 2020**

<b>2nd to 4th January</b>	<b>Juice</b>	<b>Snack</b>	<b>Lunch</b>				<b>Snack</b>
2nd Thursday	Sweet Pongal		Rice	Green Gram Dhal	Tomato Rasam	cristal beans poriyal	Ragi Milk with Cane Sugar
3rd Friday	Vallarai Soup	Boiled Black Sundal	Roti	lady's finger curry	Rice Curd	Cabbage Poriyal	Juice
4th Saturday	Aval Fry		Rice	Tomato Rice	Curd Rice	Potato Poriyal	Cut Fruit
<b>6th to 10th January</b>	<b>Juice</b>	<b>Snack</b>	<b>Lunch</b>				<b>Snack</b>
6th Monday	Kichadi Chutney		Rice	Brinjal Potato Sambar	Paruppu Rasam	snakegurad poriyal	Juice
7th Tuesday	Veg clear Soup	Boiled Peas	Roti	Bitter Guard Kulambu	Rice Curd	Beetroot Poriyal	Ragi Milk with Cane Sugar
9th Wednesday	tomato sevai		Rice	horse gram dhal	Tomato Rasam	ribbed gurad kottu	sweet Aval
10th Thursday	sweet corn soup	Boiled White channa	Roti	Moong Dal	Pepper Rasam	Mixed Veg Poriyal	butter milk
11th Friday	Pongal & chutney		Peas Pulav	Kuruma	Curd Rice	yum cutlet	Juice
<b>13th to 14st January</b>	<b>Juice</b>	<b>Snack</b>	<b>Lunch</b>				<b>Snack</b>
13th Monday	Aval Fry		Rice	Avarakka Sambar	Tomato Rasam	bottole gurad kottu	sweet Aval
14th Tuesday	Sweet Pongal		Roti	Soya Curry	Rice Curd	Cabbage Poriyal	Health mix
18th Wednesday	kolakkattai		Rice	More Kulambu	Paruppu Rasam	avarakka poriyal	butter milk
19th Thursday	keerai soup	Boiled black channa	Roti	Ribbed guard kuttu	Rice tomato rasam	Kovakka Poriyal	Ragi Milk with Cane Sugar
20th Friday	tomato sevai		mint rice	ritha	Curd Rice	Mixed Veg Poriyal	Juice
21st Saturday	Pongal & chutney		Rice	Radish Sambar	rasam	Potato Poriyal	Cut Fruit
<b>20th to 25th January</b>	<b>Juice</b>	<b>Snack</b>	<b>Lunch</b>				<b>Snack</b>
20th Monday	Lemon Seval		Rice	Green Gram Dhal	Paruppu Rasam	snakegurad poriyal	Juice
21st Tuesday	Veg clear Soup	Boiled Thattapayiru	Roti	lady's finger curry	Rice Curd	Potato Poriyal	Health mix
22nd Wednesday	Pongal & chutney		Rice	Radish Sambar	Pepper Rasam	Kovakka Poriyal	butter milk
23rd Thursday	Dal Soup	Boiled White channa	Roti	Thattapayi Curry	Tomato Rasam	Beetroot Poriyal	Ragi Milk with Cane Sugar
24th Friday	kolakkattai		Veg Biriyani	Raitha	Curd Rice	avarakka poriyal	Juice
25th Saturday	Aval Fry		Rice	horse gram dal	rasam	bottole gurad kottu	Cut Fruit
<b>27th to 31st January</b>	<b>Juice</b>	<b>Snack</b>	<b>Lunch</b>				<b>Snack</b>
27th Monday	Kichadi Chutney		Rice	Potato Brinjal Sambar	Paruppu Rasam	yum cutlet	Health mix
28th Tuesday	sweet corn soup	Boiled Peanut	roti	Soya Curry	Rice Curd	ribbed gurad kottu	sweet Aval
29th Wednesday	Kesari		Rice	More Kulambu	Tomato Rasam	cristal beans poriyal	butter milk
30th Thursday	Vallarai Soup	Boiled Peas	Roti	Moong Dal	Pepper Rasam	Mixed Veg Poriyal	Ragi Milk with Cane Sugar
31st Saturday	Pongal & chutney		Veg Pulav	Kuruma	Curd Rice	avarakka poriyal	Juice

**Note: Management reserves right to change the menu, subject to the availability of items in the market**