

## FOOD MENU - AUGUST 2022

DATE	DAY	BRUNCH	LUNCH	SNACK
1/8/2022	Mon	Puttu & Banana	Rice - Ridge Gourd Kootu - Rasam - Carrot Poriyal	Corn Flakes & Milk
2/8/2022	Tue	Lemon Sevai	Roti - Tomato gravy - Veg Pulao - Raita	Sweet corn & Milk with Cane Sugar
3/8/2022	Wed	Sprouted Grains	Rice - Puli Kulambu - Rasam - Mixed Veg Poriyal	Cut Fruits
4/8/2022	Thu	Bread & Jam	Roti - Kadai Panneer - Beetroot Rice	Green Gram
5/8/2022	Fri	Veg Clear Soup & Brown Sundal	Rice - Kollu Parupu - Rasam - Yellow Pumpkin Poriyal	Onion Pakoda & Muskmelon Juice
6/8/2022	Sat	Carrot & Aval Ball	Roti - Veg Kuruma - Mushroom Biryani - Raita	Boiled Peanuts
7/8/2022	Sun	<b>SUNDAY</b>		
8/8/2022	Mon	Health mix with banana	Rice - Raddish Sambar - Rasam - Valaithandu Poriyal	White Sundal
9/8/2022	Tue	<b>MUHARRAM</b>		
10/8/2022	Wed	Veg Aval Upma	Rice - Thatapayir Kulambu - Rasam - Beans Poriyal	Cutlet & Carrot Juice
11/8/2022	Thu	Keerai Soup & Peanut	Roti - Aloo Gobi Masala - Ghee Rice	Cut Fruits
12/8/2022	Fri	Tomato Sevai	Rice - Green gram dhal - Rasam - Lady's Finger Poriyal	Parupu Vada & Lemon Mint Juice
13/8/2022	Sat	Sweet Corn & Kollu Soup	Roti - Palak Panneer - Soya Biryani - Raita	Bread Sandwich
14/8/2022	Sun	<b>SUNDAY</b>		
15/8/2022	Mon	<b>INDEPENDENCE DAY</b>		
16/8/2022	Tue	Health mix with banana	Rice - Drumstick Aracha Kulambu - Rasam - Keerai Kootu	Ellu Urundai & Tomato Soup
17/8/2022	Wed	Bread Sandwich	Roti - Aloo Capsicum Gravy - Veg Biryani - Raita	Brown Sundal
18/8/2022	Thu	Sweet Pongal	Rice - Raddish Sambar - Rasam - Avial	Ulundhu Vada & Badam Milk
19/8/2022	Fri	<b>GOKULASHTAMI</b>		
20/8/2022	Sat	Corn Flakes & Milk	Roti - Soya Gravy - Sweet corn Pulao	Cut Fruits
21/8/2022	Sun	<b>SUNDAY</b>		
22/8/2022	Mon	Veg Aval Upma	Rice - Kollu Parupu - Rasam - Yellow Pumpkin Poriyal	Boiled Peanuts
23/8/2022	Tue	Sweet corn & Carrot Juice	Roti - Panner butter masala - Coconut Rice - Kovakai fry	Ragi vada & Milk with Cane Sugar
24/8/2022	Wed	Sprouted grains	Rice - Sundal Kulambu - Rasam - Carrot Poriyal	Cutlet & Lemon Mint Juice
25/8/2022	Thu	Dhal Soup & Cucumber	Roti - Veg Kuruma - Rice - Rasam - Keerai Poriyal	Cut Fruits
26/8/2022	Fri	Ven Pongal & Chutney	Arisi Parupu Sadam - Curd Rice - Brinjal & Potato Poriyal	Aval Ball & Veg Clear Soup
27/8/2022	Sat	Bread & Jam	Rice - Thatapayir Kulambu - Rasam - Cabbage Poriyal	Boiled Green Gram
28/8/2022	Sun	<b>SUNDAY</b>		
29/8/2022	Mon	Pepper Sevai	Rice - Raddish Sambar - Rasam - Lady's Finger Poriyal	Corn Flakes & Milk
30/8/2022	Tue	Puttu & Banana	Roti - Soya Gravy - lemon rice - kovakai fry	White Sundal
31/8/2022	Wed	<b>VINAYAGAR CHATHURTHI</b>		