

April

Lunch

Day	Break Fast	Main Course	Salad	Desert &Fruits
03	Broken wheat Upma, Tomato Chutney, Cornflakes, Milk	Plain Rice, Veg Noodles, Veg Manchuria, Sambar, Ridge Gourd Chutney, Curd Rice	Sliced Cucumber	Banana
04	Vegetable Idli, Coconut Chutney, Sambar	Plain Rice, Raagi Roti(1:4), Aloo Palak, Pumpkin Sambar, Pickle, Curd		Carrot Halwa
05	Brown Bread Sandwich (Jam, Coleslaw) Upma, Coconut Chutney	Plain Rice, Bisibilla Bhat, Papad, Rasam, Tomato Chutney, Curd , Kaddu Curry		Pineapple
06	Utappam, Groundnut Chutney, Sambar	Plain Rice, Veg Pulav, Dal makhani, Rasam, Tomato Chutney, Mixed Raitha		Water Melon
07	Vada, Ginger Chutney, Sambar	Plain Rice, Roti, Dahikadi with Bhoondi, Carrot Beans Poriyal, Cabbage Chutney, Tomato Dal	Peanut & Chickpea salad	
Sat				