

July

Lunch

Day	Break Fast	Main Course	Salad	Desert &Fruits
24	Chocos, Milk, Upma, Tomato Chutney	Plain Rice, Roti, Rajma Dal, Dondakai Fry, Rasam, Turai Chutney, Curd	Cucumber Salad	Banana
25	Idli, Coconut Chutney, Sambar	Plain Rice, Bagara Rice, Veg Kurma, Drumstick Sambar, Gongura Chutney, Raitha	Carrot Salad	Moong Sal Payasam
26	Sandwich (Jam & Coleslaw) Bread, Pongal, Coconut Chutney	Plain Rice, Roti, Cabbage Pakoda, Green Dal Chutney, Rasam, Curd	Corn Salad	Papaya
27	Dosa, Coconut Peanut Chutney, Sambar	Pain Rice, Bisibilla Bhat, Papad, Kaddu Curry, Radish Sambar, Cabbage Tomato Chutney, Curd Rice	Green Salad	Gulab Jamoon
28	Poha, Wheat Upma, Coconut Chutney.	Plain Rice, Roti, Kadai Vegetable, Brinjal Sambar, Tamarind Chutney, Curd	Moong Dal Salad	Banana
29	Veg Kichidi, Coconut Chutney	Plain Rice, Pudina Rice, Tomato Kurma, Mixed Sambar, Kaddu Chutney, Raitha	Carrot Keera Salad	Banana