

November**Lunch**

Day	Break Fast	Main Course	Salad	Desert &Fruits
13	Sandwich (Jam, Coleslaw) Bread, Pongal, Chutney	Plain Rice, Roti, Carrot Dum Fry, Muddapappu, Pudina Chutney, Rasam, Curd	Beetroot, Cucumber	Banana
14	Idli, Peanut Chutney, Karampodu, Sambar	Plain Rice, Veg Biryani, Bagara Baingan, Pumpkin Sambar, Cabbage Chutney, Raitha	Cabbage Salad	Rice Kheer
15	Cornflakes, Milk, Tomato Bhat, Tomato Chutney	Plain Rice, Roti, Veg Kofta, Drumstick Sambar, Dosakai Chutney, Curd	Sprouts With Cucumber	Water Melon
16	Set Dosa, Coconut Chutney, Sambar	Plain Rice, Coconut Rice, Bagara Capsicum, Bottle Gourd Sambar, Tomato Chutney, Raitha	Moong Dal Salad	Double ka Meeta
17	Veg Semiya upma, Tomato Chutney	Plain Rice, Veg Noodles, Veg Manchuria, Drumstick Sambar, Pickle, Curd Rice	Cucumber Salad	Banana
18	Vada, Ginger Chutney, Sambar	Plain Rice, Roti, Dal Makhani, Donda Dum Fry, Gongura Chutney, Tomato Rasam, Curd	Sweetcorn Salad	Banana