



NEW COMMON DIET MENU



Day	Week-1					Week-2					Week-3					Week-4				
	Breakfast	Break	Lunch	Snacks	Dinner	Breakfast	Break	Lunch	Snacks	Dinner	Breakfast	Break	Lunch	Snacks	Dinner	Breakfast	Break	Lunch	Snacks	Dinner
Monday	1. Kichidith Tomato Chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry -Aloo Capsicum 3. Pala Kura Dal 4. Ghee 5. Rasam 6. Curd 7. Onion Boiled Egg Curry	Boiled Shenigalu	1. Rice 2. Curry - Chikkudakaya 3. Pudina Kothamira Chutney 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Kichidith Tomato Chutney 2. Ragi Java with Jaggery	Banana/ Guava	1. Rice 2. Curry -Aloo Vankaya 3. ThotakuraDal 3. Ghee 4. Rasam 5. Curd 6. Onion Egg Curry	Boiled Bobbarlu	1. Rice 2. KakarkayaFry 3. Vegetable Chutney- Beerakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Kichidith Tomato Chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry -Aloo Capsicum 3. Dal with leafy vegetable -Pala Kura 4. Ghee 5. Rasam 6. Curd 7. Onion Boiled Egg Curry	Boiled Senegal	1. Rice 2. Curry -Sorakaya 3. Vegetable Chutney -Pudina 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Kichidith Tomato Chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry -Aloo Capsicum 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Onion Egg Curry	Boiled Bobbarlu	1. Rice 2. Kakarkaya Fry 3. Vegetable Chutney - Pudina Kothamira 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk
Tuesday	1. Idly with Sambar 2. Milk with Boost	Guava/ Banana	1. Rice 2. Curry - Beetroot 3. Dosakaya Pappu 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Fried Pallilu and Bellam	1. Rice 2. Curry -Cabbage 3. Tomato Chutney 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Idly with Sambar 2. Milk with Boost	Banana	1. Rice 2. Curry -Carrot 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Fried Pallilu and Bellam	1. Rice 2. Curry -Dosakaya 3. Vegetable Chutney -Cabbage 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Idly with Sambar 2. Milk with Boost	Banana/ Guava	1. Rice 2. Curry - Dondakaya 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Fried Pallilu and Bellam	1. Rice 2. Curry - Potlakaya/Vankaya 3. Vegetable Chutney -Tomato 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Idly with Sambar 2. Milk with Boost	Banana/ Guava	1. Rice 2. Curry -Beetroot 3. Palakura Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Fried Pallilu and Bellam	1. Rice 2. Curry - Cabbage 3. Vegetable Chutney -Tomato 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk
Wednesday	1. Tamarind Pulihora with Nuuvulapodi 2. Milk with Boost	Banana	1. Bagara rice + Chicken Curry/ Mnsakurma (For Vegetarian) 2. Curd 3. Sambar	Ginger Tea	1. Rice 2. Curry -Sorakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	1. Tamarind Pulihora with Nuuvulapodi 2. Milk with Boost	Banana/ Papaya	1. Veg Biryani + Aloo Kurma 2. Curd 3. Fried Boiled Egg curry with tomato	Boiled Batani	1. Rice 2. Curry -Sorakaya 3. Vegetable chutney -Gongura with Pachamirchi 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Tamarind Pulihora with Nuuvulapodi 2. Milk with Boost	Banana	1. Bagara rice 2. Chicken Curry/Meal maker Kurma for vegetarian 3. Curd 4. Sambar	Ginger Tea	1. Rice 2. Curry - Beerakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	1. Tamarind Pulihora with Nuuvulapodi 2. Ragi Java with Jaggery	Banana	1. Veg Biryani + Aloo Kurma 2. Curd 3. Boiled Egg- Tomato Curry	Boiled Batani	1. Rice 2. Curry - Sorakaya 3. Vegetable chutney - Gongura 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk
Thursday	1. Bonda/ Vada with Palli chutney 2. Ragi Java with Jaggery	Banana/ Papaya	1. Rice 2. Curry - Carrot 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Fried Boiled Egg Curry	Boiled Batani	1. Rice 2. Curry - Beerakaya 3. Vegetable Chutney -Dondakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Bonda/ Vada with Palli chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Bendakaya 3. Munagakudal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Millet Biscuits	1. Rice 2. Curry - Beerakaya 3. Vegetable Chutney -Dosakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Bonda/ Vada with Palli chutney 2. Ragi Java with Jaggery	Banana/ Papaya	1. Rice 2. Curry - Cabbage 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Tomato with Boiled Egg Curry	Millet Biscuits	1. Rice 2. Curry -Capsicum 3. Vegetable Chutney -Gongura Pachamirchi 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Bonda with palli chutney 2. Milk with Boost	Banana/ Papaya	1. Rice 2. Curry - Bendakaya 3. Munagakudal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Millet Biscuits	1. Rice 2. Curry - Chikkudakaya 3. Vegetable Chutney -Tomato 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk
Friday	1. Upma (Wheat rava) with Tomato Chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Chamagadda/ Kandangadda 3. Munagakudal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg Curry	Boiled Pesaru	1. Rice 2. Curry -Goru Chikkudakaya 3. Vegetable Chutney -Dondakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Upma (Bombay rava) with Putnal chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Kandangadda/ Chamagadda 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg Curry	Boiled Pesaru	1. Rice 2. Curry -Capsicum 3. Vegetable Chutney -Palakura 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Upma (Wheat rava) with tomato chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry -Carrot 3. Dal with Dosakaya 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Boiled Pesaru	1. Rice 2. Curry - Cauliflower 3. Vegetable Chutney - Beerakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Upma (Bombay rava) with Putnal chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Kandangadda/ Chamagadda 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Boiled Pesaru	1. Rice 2. Curry - Potlakaya/Vankaya 3. Vegetable Chutney -Tomato 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk
Saturday	1. Rice pongalwith Putnal Chutney 2. Milk with Boost	Banana/ Watermelon/ Sapota	1. Rice 2. Curry - Bendakaya 4. Ghee 5. Rasam 6. Curd 7. Tomato Boiled Egg Curry	Onion Pakoda	1. Rice 2. Curry -Dosakaya 3. Gongurawith Pachamirchi Chutney 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Jeera Rice with Tomato chutney 2. Milk with Boost	Banana/ Watermelon/ Sapota	1. Rice 2. Curry -Goru Chikkudakaya 3. Dal with Leafy vegetable 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Egg Bajji	1. Rice 2. Curry - Cauliflower 3. Vegetable Chutney -Tomato 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Rice Pongal with Putnal Chutney 2. Milk with Boost	Banana/ Watermelon/ Sapota	1. Rice 2. Curry - Bendakaya 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Onion Pakoda	1. Rice 2. Curry - Chikkudakaya 3. Vegetable Chutney - Dondakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Jeera Rice with Tomato Chutney 2. Milk with Boost	Banana/ Watermelon/ Sapota	1. Rice 2. Curry - Carrot 3. ThotakuraDal 4. Ghee 5. Rasam 6. Curd	Egg Bajji	1. Rice 2. Curry - Capsicum 3. Vegetable Chutney - Dosakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk
Sunday	Poori with Chole Masala	Banana	1. BagaraRice 2. Mutton Curry and Mealmaker for vegetarian 3. Sambar 4. Curd	Ginger Tea	1. Rice 2. Curry -Sorakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	Chapathi with Alukurma	Banana	1. BagaraRice 2. Chicken Curry/ Meal maker for vegetarian 3. Sambar 4. Curd	Ginger Tea	1. Rice 2. Curry - Beerakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	Poori with Chole Masala	Banana	1. Bagara Rice 2. Mutton curry and Mealmaker for vegetarian 3. Curd 4. Sambar	Ginger Tea	1. Rice 2. Curry - Beerakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	Chapathiwith Alukurma	Banana	1. BagaraRice 2. Chicken Curry/ Mealmakerfor vegetarian 3. Curd 4. Sambar	Ginger Tea	1. Rice 2. Curry - Beerakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk