

MJPTBCWREI SOCIETY - WEEKLY MENU

DAY	BREAK FAST	LUNCH	SNACKS	SUPPER
MONDAY	1). DODDU RAVA WITH CHATNY 2) Milk with Boost / Ragi Java with Jaggery	RICE CURRY (ALU + BRINJAL) & LEAF with DALL SAMBAR (CARROT+BOTTLE GUARD + DRUM STICK + CUCUMBER) CURD, GHEE, PICKLE EGG	SEMIYA	RICE POTATO CURRY RASAM BUTTER MILK SEASONAL FRUIT
TUESDAY	1. PULIHORA with CHATNY (OR) RASAM 2. MILK with BOOST	RICE CURRY (BEET ROOT/CARROT) & TOMATO DALL RASAM CURD, GHEE & PICKLE EGG	BOILED SHENAGALU	RICE CABBAGE CURRY SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK+CUCUMBER) BUTTER MILK SEASONAL FRUIT
WEDNESDAY	1. KICHIDI with CURD RAITHA 2. Milk with Boost / Ragi Java with Jaggery	RICE LADY's FINGER CURRY & LEAF with DALL SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CUCUMBER) CURD, GHEE & PICKLE	CARROT HALWA	BAGARA RICE TOMATO CURRY BUTTER MILK
THURSDAY	1. POORI WITH ALU CURRY 2. MILK with BOOST	RICE POTATO CURRY & SPINACH DALL TAMATO RASAM CURD, GHEE & PICKLE EGG	MILLET COOKIES	RICE BEANS CURRY SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CUCUMBER) BUTTER MILK SEASONAL FRUIT
FRIDAY	1. IDLI WITH CHATNY OR SAMBAR 2) Milk with Boost / Ragi Java with Jaggery	RICE DOSA KAYA / POTLA CURRY SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CCUCUMBER) BUTTER MILK /CURD, GHEE, PICKLE EGG	BOILED PERSARULU	RICE FRENCH BEANS CURRY TAMATO RASAM BUTTER MILK SEASONAL FRUIT
SATURDAY	1. RICE PONGAL 2. SAMIYA	VEG. FRIED RICE RIDGE GOURD CURRY & POTATO / DRUM STICK SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CUCUMBER) CURD, GHEE, PICKLE EGG	ONION PAKODA	RICE CURRY (DAAL + DRUM STICK) / CAULIFLOWER RASAM BUTTER MILK SEASONAL FRUIT
SUNDAY	1. CHAPATHI /BONDA with CHATNY 2) Milk with Boost / Ragi Java with Jaggery	BAGARA RICE CURRY(ALU KURMA) SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CUCUMBER) CURD, PICKLE EGG	PALLI CHIKKI	RICE CURRY (CHAMAGADDA /CABBAGE + TOMATO) RASAM BUTTER MILK SEASONAL FRUIT

NOTE:

- Chicken : 4-times in a month (every 2nd & 4th Sunday) and (every 2nd & 4th Wednesday)
Mutton : 2-times in a month (evert 1st & 3rd Sunday)
Eggs : Daily except on days Mutton & Chicken served


SECRETARY,
MJPTBCWREIS