



## LUNCH MENU

Week 1



DAY	DISH 1	DISH 2	DISH 3	DISH 4	DISH 5	DISH 6
SATURDAY	KADAMBA PULI KUZHAMBU	LIME RASAM	MOR	VEG PORIYAL	PODALAKAI GROUND PORIYAL	KARA VADA
SUNDAY	VATHALPULI KUZHAMBU	PEPPERRASAM	MOR	CARROT PORIYAL	POTATO KARA CURRY	FRYUMS

## LUNCH MENU

Week 2



DAY	DISH 1	DISH 2	DISH 3	DISH 4	DISH 5	DISH 6
MONDAY	BINDISAMBAR	LIME RASAM	MOR	CABBAGE PORIYAL	COWPEA PULI KOTTU	FRYUMS
TUESDAY	VATHALPULI KUZHAMBU	PINE APPLE RASAM	MOR	AMARNATH KOOTU	VEG PORIYAL	FRYUMS
WEDNESDAY	KADAMBA SAMBAR	GINGER RASAM	MOR	LIMA BEANS TOMATO MASALA	CABBAGE PORIYAL	FRYUMS
THURSDAY	CHICKPEA PULI KUZHAMBU	HORSE GRAM RASAM	MOR	POTATO PORIYAL	ASHGOURD MILK KOTTU	FRYUMS
FRIDAY	BRINJAL SAMBAR	GINGER RASAM	MOR	BINIDHI DEEP FRY	VEG PORIYAL	FRYUMS & SAGO PAYASAM
SATURDAY	KADAMBA PULI KUZHAMBU	DAL RASAM	MOR	AMARNATH KOOTU	BEEET-ROOT PORIYAL	METHU VADAI
SUNDAY	VATHALPULI KUZHAMBU	TOMATO RASAM	MOR	CARROT PORIYAL	BINDIPULI KOOTU	FRYUMS

## LUNCH MENU

Week 3

DAY	DISH 1	DISH 2	DISH 3	DISH 4	DISH 5	DISH 6
MONDAY	ARAVAI SAMBAR	PEPPER RASAM	MOR	POTATO KARA CURRY	PUDALANKAI GROUND KOTTU	FRYUMS
TUESDAY	KADAMBA PULI KUZHAMBU	DAL RASAM	MOR	BEET-ROOT PORIYAL	ASHGOURD MILK KOTTU	FRYUMS
WEDNESDAY	DRUMSTICK SAMBAR	TOMATO RASAM	MOR	CARROT PORIYAL	BOTTLE GOURD KOTTU	FRYUMS
THURSDAY	YAM PULI KUZHAMBU	HORSE GRAM RASAM	MOR	KOVAKAI PORIYAL	TOMATO COWPEA PULI KOTTU	FRYUMS
FRIDAY	BINDI SAMBAR	MINT RASAM	MOR	YAM FRY	CHOW CHOW KOTTU	FRYUMS
SATURDAY	BRINJAL PULI KUZHAMBU	MYSORE DAL RASAM	MOR	BINDIPULI KOTTU	VEG PORIYAL	FRYUMS
SUNDAY	BRINJAL SAMBAR	LIME RASAM	MOR	BITTER GROUND PULI PACCHADI	AMARNATH MASIYAL	FRYUMS

## LUNCH MENU

Week 4

DAY	DISH 1	DISH 2	DISH 3	DISH 4	DISH 5	DISH 6
MONDAY	PUMPKIN SAMBAR	GARLIC RASAM	MOR	CAULIFLOWER MASALA	BRINJAL SUNDAL PULI KOTTU	FRYUMS
TUESDAY	THATTA PAYIR KUZHAMBU	HORSE GRAM RASAM	MOR	AMARANTH LEAVES KOTTU	PODALANKAI GOURD PORIYAL	FRYUMS
WEDNESDAY	DRUMSTICK SAMBAR	PEPPER RASAM	MOR	PEAS POTATO VARUVAL	BINDIMASALA	FRYUMS
THURSDAY	KADAMBA SAMBAR	TOMATO RASAM	MOR	BEETROOT PORIYAL	MASALA SUNDAL	FRYUMS
FRIDAY	DRUMSTICK SAMBAR	MINT RASAM	MOR	BOTTLE GOURD DAL	RAW BANANA FRY	FRYUMS
SATURDAY	VATHALPULI KUZHAMBU	DAL RASAM	MOR	CABBAGE KADALAI PARRUPU KOTTU	POTATO MILK KOTTU	FRYUMS
SUNDAY	RADISH SAMBAR	GINGER RASAM	MOR	KERALA AVIYAL	CABBAGE CARROT PORIYAL	FRYUMS



# LUNCH MENU

Week 5



DAY	DISH 1	DISH 2	DISH 3	DISH 4	DISH 5	DISH 6
MONDAY	ARAVAI SAMBAR	LIME RASAM	MOR	PODALANKAI GOURD PORIYAL	POTATO KARA CURRY	FRYUMS
TUESDAY	PARUPPURUNDAI KUZHAMBU	TOMATO PEPPER RASAM	MOR	AMARANTH KOOTU	CARROT PORIYAL	FRYUMS
WEDNESDAY	RADISH SAMBAR	GINGER RASAM	MOR	BEET-ROOT PORIYAL	POTATO MILK KOOTU	FRYUMS
THURSDAY	KADAMBA PULI KUZHAMBU	MYSORE DAL RASAM	MOR	POTATO PEAS MASALA	BOTTLE GOURD KOOTU	FRYUMS
FRIDAY	BINDI SAMBAR	TOMATO RASAM	MOR	GOBI FRY	VEG PORIYAL	FRYUMS
SATURDAY	DRUMSTICK SAMBAR	TOMATO RASAM	MOR	ASHGOURD SUNDAL PULI KOTTU	CHOW CHOW KOTTU	FRYUMS
SUNDAY	KADAMBA PULI KUZHAMBU	LIME RASAM	MOR	POTATO KARA CURRY	CABBAGE CARROT PORIYAL	FRYUMS
MONDAY	NOOKAL SAMBAR	PEPPERRASAM	MOR	VEG PORIYAL	RAW BANANA MASALA	FRYUMS