

# September 2023



## Breakfast Menu

| Tamil / Karnataka                                | Maharashtra   | Punjabi   | Andhra   | South Indian                                      | North Indian                                       |
|--|---|---|--|---|--|
| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
| <u>4 Sept</u><br>Pongal<br>Brinjal Gotsu         | <u>5 Sept</u><br>Peanut Poha<br>Coconut Mint<br>Chutney | <u>6 Sept</u><br>Aloo Paratha<br>Green Chutney    | <u>7 Sept</u><br>Podi Uthapam<br>Tomato Onion<br>Chutney | <u>8 Sept</u><br>Masala Idly<br>Chutney<br>Sambar | <u>9 Sept</u><br>Puri<br>Aloo Bhaji                |
| <u>11 Sept</u><br>Khara Bath<br>Peanut Chutney   | <u>12 Sept</u><br>Upma<br>Coconut chutney               | <u>13 Sept</u><br>Methi paratha<br>Curd<br>Pickle | <u>14 Sept</u><br>Onion Uthapam<br>Red Chutney           | <u>15 Sept</u><br>Idly<br>Sambar<br>Chutney       | <u>16 Sept</u><br>Mint Puri Masala<br>Chana Masala |
| <u>18 Sept</u><br>Rava Idly<br>Sambar<br>Chutney | <u>19 Sept</u><br>Veg Kichdi<br>Kara Boondi             | <u>20 Sept</u><br>Lacha Paratha<br>Mint chutney   | <u>21 Sept</u><br>Mini Uthapam<br>Sambar                 | <u>22 Sept</u><br>Masala Idly<br>Dal Chutney      | <u>23 Sept</u><br>Bhatura<br>Chana Masala          |
| <u>25 Sept</u><br>Semiya<br>Coconut Chutney      | <u>26 Sept</u><br>Kanda Poha<br>Mint Chutney            | <u>27 Sept</u><br>Mint Paratha<br>Curd<br>Pickle  | <u>28 Sept</u><br>Chilli Uthapam<br>Peanut Chutney       | <u>29 Sept</u><br>Veg Idly<br>Sambar<br>Chutney   | <u>30 Sept</u><br>Palak Puri<br>Aloo Bhaji         |

## Dinner Menu

| North Indian  | Tamil / Andhra  | Hyderabad   | Punjabi   | Gujrati / Rajasthani   | Chinese   |
|---|---|---|---|--|---|
| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
| <u>4 Sept</u><br>Aloo Matar Curry<br>Dal tadka<br>Methi Pulao<br>Chapati      | <u>5 Sept</u><br>Bhindi Sambar<br>Ridge Gourd Kootu<br>Tomato Rice<br>Chapati   | <u>6 Sept</u><br>Veg Briyani<br>Raita<br>Mini Pappad<br>Pickle          | <u>7 Sept</u><br>Kadai Veg<br>Punjabi Dal<br>Wadi Chawal<br>Chapati       | <u>8 Sept</u><br>Gobi Matar Masala<br>Panchratna Dal<br>Plain rice<br>Chapati  | <u>9 Sept</u><br>Veg Manchurian<br>Chilli Capsicum<br>Veg Sez Fried Rice<br>Salad |
| <u>11 Sept</u><br>Baingan Masala<br>Green Moong Dal<br>Jeera Pulao<br>Chapati | <u>12 Sept</u><br>Radish Sambar<br>Cabbage Peas<br>Kootu Lemon rice<br>Chapati  | <u>13 Sept</u><br>Hyd Veg Briyani<br>Raitha<br>Mini Pappad<br>Pickle    | <u>14 Sept</u><br>Aloo Rasawala<br>Dal Kolhapuri<br>Corn Pulao<br>Chapati | <u>15 Sept</u><br>Veg Kolhapuri<br>Masoor Dal<br>Kabuli Pulao<br>Chapati       | <u>16 Sept</u><br>Gobi manchurian<br>Chilli Soya<br>Veg Fried Rice<br>Salad       |
| <u>18 Sept</u><br>Kadai Veg<br>Mix Dal<br>Peas Pulao<br>Chapati               | <u>19 Sept</u><br>Drumstick Sambar<br>Pumpkin Kootu<br>Tamarind Rice<br>Chapati | <u>20 Sept</u><br>Veg Soya Biryani<br>Raitha<br>Pickle<br>Mini Pappad   | <u>21 Sept</u><br>Gobi Matar<br>Toor Dal<br>Pineapple Pulao<br>Chapati    | <u>22 Sept</u><br>Aloo Gobi Masala<br>Gujarati Dal<br>Veg Kichdi<br>Chapati    | <u>23 Sept</u><br>Veg Manchurian<br>Garlic Sauce<br>Veg Sez Fried Rice<br>Salad   |
| <u>25 Sept</u><br>Gawar Masala<br>Dal Tadka<br>Kashmiri Pulao<br>Chapati      | <u>26 Sept</u><br>Capsicum Sambar<br>Andhra pappu<br>Coriander rice<br>Chapati  | <u>27 Sept</u><br>Chana Kofta<br>Briyani<br>Mini Pappad<br>Pickle Raita | <u>28 Sept</u><br>Kadhi Pakora<br>Lasooni Dal<br>Veg Pulao<br>Chapati     | <u>29 Sept</u><br>Tindi Masala(Ivy)<br>Lauki dal<br>Vagharela bhaat<br>Chapati | <u>30 Sept</u><br>Gobi Manchurian<br>Chilli Soya<br>Veg fried rice<br>Salad       |