

TTWREI SOCIETY(GURUKULAM) , WEEKLY MENU

DAY	BREAK FAST	LUNCH	SNACKS	SUPPER
MONDAY	1). NOODLES	RICE	SEMIYA	RICE
	2). MILK with BOOST	CURRY(ALU + BRINJAL) & LEAF with DALL		POTATO CURRY
		SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CUCUMBER)		RASAM
		CURD 75 ml , GHEE, PICKLE		BUTTER MILK
		EGG		SEASONAL FRUIT
TUESDAY	1). PULIHORA with CHATNY Or RASAM	RICE(200 gms)	BOILED SHEENAGALLU	RICE
	2).MILK with BOOST	CURRY(BEET ROOT /CARRET) & TOMATO DALL		CABBAGE CURRY
		RASAM		SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CUCUMBER)
		CURD 75 ml, GHEE, PICKLE		BUTTER MILK
		EGG		SEASONAL FRUIT
WEDNESDAY	1). KICHIDI with CURD RAITHA	RICE	CARROT HALWA	BAGARA RICE
	2). MILK with BOOST	LADY 's FINGER CURRY& LEAF with DALL		TOMATO CURRY
		SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CUCUMBER)		CHICKEN (2nd & 4th WEEK)
		CURD 75 ml, GHEE, PICKLE		BUTTER MILK
THURSDAY	1).POORI WITH ALU CURRY	RICE	MILLET COOKIES	RICE
	2). MILK with BOOST	POTATO CURRY & SPINACH DALL		BEANS CURRY
		TAMATO RASAM		SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CUCUMBER)
		CURD 75 ml, GHEE, PICKLE		BUTTER MILK
		EGG		SEASONAL FRUIT
FRIDAY	1). IDLI WITH CHATNY OR SAMBAR	RICE	BOILED PERSARULLU	RICE
	2). MILK with BOOST	DOSA KAYA / POTLA CURRY		FRENCH BEANS CURRY
		SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CCUCUMBER)		TAMATO RASAM
		BUTTER MILK / CURD, GHEE, PICKLE		BUTTER MILK
		EGG		SEASONAL FRUIT
SATURDAY	1).RICE PONGALI	VEG. FRIED RICE	ONION PAKODA	RICE
	2). SAMIYA	RIDGE GOURD CURRY & POTATO / DRUM STICK		CURRY (DAAL + DRUM STICK) / CAULIFLOWER
		SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CUCUMBER)		RASAM
		CURD 75 ml, GHEE, PICKLE		BUTTER MILK
				SEASONAL FRUIT
SUNDAY	1). CHAPATHI / BONDA with CHATNY	BAGARA RICE	PALLI CHIKKI	RICE
	2). MILK with BOOST	CURRY(ALU KURMA)		CURRY (CHAMAGADDA / CABBAGE + TOMATO)
		SAMBAR (CARROT + BOTTLE GUARD + DRUM STICK + CUCUMBER)		RASAM
		CURD 75 ml, PICKLE		BUTTER MILK
		CHICKEN(2nd & 4th WEEK), MUTTON (1st & 3rd WEEK)		SEASONAL FRUIT