



**SAMPLE ROTATIONAL SOUTH INDIAN MENU**

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B F A S T</b>	PORATA	UPMA	PORATA	IDDLY	PORATA	PORATA	DOSA
	GREEN GRAM MASALA	BLACK CHANA	CHICK PEAS MASALA	SAMBAR	MIX VEG MASALA	GREEN PEAS MASALA	COCONUT CHUTNEY
	OR	OR	OR	OR	OR	OR	OR
	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD
	BUTTER & JAM	BUTTER & JAM	BUTTER & JAM	BUTTER & JAM	BUTTER & JAM	BUTTER & JAM	BUTTER & JAM
	OATS	OATS	OATS	OATS	OATS	OATS	OATS
	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE
<b>L U N C H</b>	FISH CURRY	MUTTON SUKKA	SPICY CHICKEN FRY	BEEF FRY W/CARROT PCS	CHICKEN SUKKA	FISH FRY	CHICKEN /VEG. BIRYANI
	ALU MUTTER MASALA	AVIAL DRY	DHAHI CURRY	VEG THORAN	SAMBAR	BLACK CHANA WITH YAM	VEG. CURRY
	CABBAGE THORAN	RASAM /WHITE BEANS THORAN	BLACK CHANA W/YAM	DHAL PALAK	GREEN GRAM / PAPPAD	BITTER GOURD (OR) ALU GOB	PAPPAD
	DHAL & G.SALAD	DHAL & G.SALAD	DHAL & G.SALAD	DHAL & G.SALAD	DHAL & G.SALAD	DHAL & G.SALAD	RAITHA
	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	-
	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	-
	PICKLE / LABAN	PICKLE / LABAN	PICKLE / LABAN/PAPPAD	PICKLE / LABAN	PICKLE / LABAN	PICKLE / LABAN	PICKLE
	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	SWEET
	LEMON PCS	LEMON PCS	LEMON PCS	LEMON PCS	LEMON PCS	LEMON PCS	LEMON PCS
<b>D I N E R</b>	CHICKEN MASALA	BEEF SUKKA	FISH MASALA	CHICKEN CHILLY DRY	FISH FRY	CHICKEN FRY	CHICKEN CURRY
	ALOO GOBI	ALU BAINGAN	GREEN PEAS MASALA	RED PUMPKIN & BEANS	RED KIDNEY BEANS	ALU MUTTER	WHITE BEANS MASALA
	DHAL PALAK	SAMBAR	MIX.VEG DRY	ALU MUTTER	CABBAGE THORAN	TINDLY MASALA	SAUTED BEANS DRY
	DHAL	DHAL	DHAL	DHAL	DHAL	DHAL	DHAL
	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE	BOILED RICE
	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI
	PICKLE , G SALAD	PICKLE , G SALAD	PICKLE , G SALAD	PICKLE , G SALAD	PICKLE , G SALAD	PICKLE , G SALAD	PICKLE , G SALAD
	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS

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**SAMPLE NEPALI /NORTH INDIAN/ PAKISTANI MENU**

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B F A S T</b>	PARATHA	BATTURA	PARATHA	PARATHA	UPPAMA	PARATHA	POORI
	KHEEMA MUTTER	ALOO BHAJJI	VEGETABLE KORMA	RAJMA MASALA	MOONG WHOLE MASALA	VEGETABLE MASALA	ALOO MUTTER CURRY
	OR	OR	OR	OR	OR	OR	OR
	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD
	BUTTER & JAM	BUTTER & JAM	BUTTER & JAM	BUTTER & JAM	BUTTER & JAM	BUTTER & JAM	BUTTER & JAM
	OATS	OATS	OATS	OATS	OATS	OATS	OATS
	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE
<b>L U N C H</b>	CHICKEN HYDERABADI	MUTTON ROGANJOSH	CHICKEN TIKKA MASALA	FISH FRY	CHICKEN ACHARY	BUTTER CHICKEN MASALA	CHICKEN / VEG BIRYANI
	VEG MASALA	ALOO GOBI MASALA	GREEN PEAS MASALA	FISH MASALA	VEG. HYDERABADI	ALU GOBI CAPCICUM	MOONG DHAL
	TADKA DHAL	DAL PALAK	DHAL	VEG. MASALA	YOGHURT WITH MINT	DHAL PALAK	PAPPAD
	GREEN SALAD	GREEN SALAD	GREEN SALAD	JEERA DHAL , G.SALAD	DHAL , G.SALAD	GREEN SALAD	RAITHA
	BARIC RICE	BARIC RICE	BARIC RICE	BARIC RICE	BARIC RICE	BARIC RICE	-
	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	CHAPATTI/ROTI	-
	PICKLE / LABAN	PICKLE / LABAN	PICKLE / LABAN/PAPPAD	PICKLE / LABAN	PICKLE / LABAN	PICKLE / LABAN	PICKLE / LABAN
	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	SWEET
LEMON PCS	LEMON PCS	LEMON PCS	LEMON PCS	LEMON PCS	LEMON PCS	LEMON PCS	
<b>D I N N E R</b>	EGG & PEAS MASALA	FISH MASALA	CHICKEN FRY	KARCHI KADAI GHOST (MUGALAI)	CHICKEN MASALA	MUTTON MASALA	FISH MASALA
	MIX VEGETABLES	BAINGAN MASALA	ALOO PALAK	BAINGAN ALOO	VEGETABLE KHORMA	MIX VEG	VEGETABLE KHORMA
	CHANA DAL	DAL MAKHANI	DHAL FRY	DAL MAHARANI	DHAL	TADKA DAL	DAL MAKHANI
	BARIC RICE	BARIC RICE	BARIC RICE	BARIC RICE	BARIC RICE	BARIC RICE	BARIC RICE
	CHAPPATHI/ROTI	CHAPPATHI/ROTI	CHAPPATHI/ROTI	CHAPPATHI/ROTI	CHAPPATHI/ROTI	CHAPPATHI/ROTI	CHAPPATHI/ROTI
	PICKLE	PICKLE	PICKLE	PICKLE	PICKLE	PICKLE	PICKLE
	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS	ONION/G.CHILLY/LEMON PCS



**.THAI, VIETNAMESE MENU**

			<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
			RICE STICK	CHICKEN WINGS ADOBO	SAUSAGE	PANCIT / RICE STICK	SAUSAGE
			BOILED EGG	FRIED EGG	BOILED EGG	BOILED EGG	BOILED EGG
			RICE	RICE	RICE	RICE	RICE
			OR	OR	OR	OR	OR
<b>B</b>	PANCIT / RICE STICK	SAUSAGE FRY	BREAD	BREAD	BREAD	BREAD	BREAD
<b>F</b>	BOILED EGG	FRIED RICE	OATS	OATS	OATS	OATS	OATS
<b>A</b>	RICE	OMLETTE	BUTTER /JAM	BUTTER /JAM	BUTTER /JAM	BUTTER /JAM	BUTTER /JAM
<b>S</b>	OR	OR	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE	TEA /COFFEE
<b>T</b>	BREAD	BREAD					
	OATS	OATS					
	BUTTER /JAM	BUTTER /JAM	MIX VEG. SOUP	CHICKEN SOUP	CHICKEN SOUP	MIX.VEG. SOUP	FISH SOUP
	TEA /COFFEE	TEA /COFFEE	BEEF KALDERETTA	CHICKEN SWEET & SOUR	CHICKEN ADOBO	BEEF STEAK	FISH SWEET & SOUR
<b>L</b>			MIXED SALAD	MIXED SALAD	MIXED SALAD	MIXED SALAD	MIXED SALAD
<b>U</b>	VEG. SOUP	FISH SOUP	RICE	RICE	RICE	RICE	RICE
<b>N</b>	FISH FRY	CHICKEN ADOBO	LABAN/PICKLE/LEMON PCS	LABAN/PICKLE/LEMON PCS	LABAN/PICKLE/LEMON PCS	LABAN/PICKLE/LEMON PCS	LABAN/PICKLE/LEMON PCS
<b>C</b>	MIXED SALAD	MIXED SALAD	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
<b>H</b>	RICE	RICE					
	LABAN/PICKLE/LEMON PCS	LABAN/PICKLE/LEMON PCS	SINIGON SOUP	LETTUCE SOUP	FISH SOUP	CABBAGE SOUP	CHICKEN SOUP
	FRUIT	FRUIT	FRIED CHICKEN	BEEF ADOBO	FISH FRY	CHICKEN FRY	BEEF ADOBO
<b>D</b>			RICE	RICE	RICE	RICE	RICE
<b>I</b>	CHICKEN SOUP	PORK SOUP	ONION SALAD	ONION SALAD	ONION SALAD	ONION SALAD	ONION SALAD
<b>N</b>	BEEF SWEET & SOUR	FISH FRY	PICKLE / LEMON PCS	PICKLE / LEMON PCS	PICKLE / LEMON PCS	PICKLE / LEMON PCS	PICKLE / LEMON PCS
<b>N</b>	RICE	RICE					
<b>E</b>	ONION SALAD	ONION SALAD					
<b>R</b>	PICKLE / LEMON PCS	PICKLE / LEMON PCS					

\*\*\* TOMATO KETCHUP / FISH SAUCE /SOY SAUCE ON BUFFET