

Hostel Weekly Menu-1

Monday	Breakfast	Lemon rice / Millet Khichidi
	Lunch	Rice, Potato Fry, Tomato Rasam, Leaf Dal, Bottle Gourd Roti Chutney, Curd, Ghee
	Snacks	Punugulu Tomato Chutney, Tea and Milk, Fruits
	Dinner	Pulka, Rice, Tomato Dal or Mango Dal, Sambar, Rajma Curry

Tuesday	Breakfast	Chapatti, Cholay Curry
	Lunch	Rice, Cabbage fry, Leaf Dal, Miryal Rasam, Roti Chutney Tomato, Curd, Ghee,
	Snacks	Bioled Palli, Tea and Milk, Fruits
	Dinner	Veg Biryani, Pulka, and Palak Paneer Curry, Sambar, Curd, Raitha

Wednesday	Breakfast	Uttapam, Pally Chutney
	Lunch	Rice, Bitter Gourd Curry, Leaf Dal, Beetroot Rasam, Jerkins Roti Chutney, Curd, Ghee
	Snacks	Masala Wada , Tea and Milk, Fruit
	Dinner	Pulka, Rice , Cluster Beans Fry, cucumber Dal, Curd, Red Pickle, Sambar

Thursday	Breakfast	Puri, Basin Curry
	Lunch	Gobi 65, Leaf Dal, Ginger Rasam, Rice, Roti chutney-Ridge gourd, curd, Ghee
	Snacks	Veg Manchuria / Mixture, Tea and Milk, Fruit
	Dinner	Pulka, Rice, Mixed Vegetable curry, Pickle, Bottle Gourd Dal, Curd

Friday	Breakfast	Wada / Samiya Upma / Mysoor Bonda
	Lunch	Jerkins Fry, Rice Leaf Dal, Rasam, Roti Pachadi, Curd, Ghee
	Snacks	Boiled Sangallu, Tea and Milk, Fruits
	Dinner	Veg Fried Rice, Tomato Masala Gravy, Raitha, Pulka, curd, Sambar

Saturday	Breakfast	Dosa, Chutney, Potato Curry
	Lunch	Rice, Rasam, Roti Chutney Gongura, lady Finger Fry, Curd, Ghee
	Snacks	Mirchi Bajji , Tea, Milk, Fruits
	Dinner	Brinjal Green Peas Curry, Rich guard Dall (Mung Dal), Pulka, Sambar, Curd

Sunday	Breakfast	Idly, palli chuney, tea, milk
	Lunch	Veg biryani, Plain Rice, Mushrooms Gravy Curry, Sambar, Raitha, sweet
	Snacks	Marmarallu , Tea, Milk, Fruit
	Dinner	Pulka, Rice, Meal Maker Tamato curry, Sorakaya Moong dal, Sambar, Curd, Pickle

Hostel Weekly Menu-2

Monday	Breakfast	Millet Pongal / Wheat Khichidi
	Lunch	Rice,kanda Fry/Chemagadda Fry, Leaf Dal, Tomato rasam, Roti Chutney, Curd ,Ghee, Gongura , Allu Fry
	Snacks	Veg Manchuria , Tea,Milk, Fruit
	Dinner	Pulka, Rice,Bottle Gourd Curry,Tamato (Moong) Dal,Sambar,curd,Pickle
Tuesday	Breakfast	Chapathi, Tamato Masala Gravy, Tea,milk
	Lunch	Rice,Gobhi65,Leaf Dal,Miriyala Rasam,Beat Root Roti Chutney,Curd,Ghee
	Snacks	Boiled Lobiya,WithRaw Chopped Keera and Onion,tea,Milk,Fruit
	Dinner	Pulka,Broad Beans Tomato Curry, Rice,Dal Thadka,Sambar,Curd,Pickle
Wednesday	Breakgfast	Uthappam,Palli Chutney,Tea,milk
	Lunch	Rice, Carrot and Grated Cocont Fry,Leaf Dal, Ridge Gourd roti chutney.Bendakaya Pulusu, Curd ,Ghee
	Snacks	Masala Vada, Tea,milk,Fruit
	Dinner	Pulka,Zeera Rice, Panner Curry, Raitha, Rice, Sambar
Thursday	Breakfast	Puri,Choley Curry,Tea,Milk
	Lunch	Rice,Vankaya Fry,MuddaPappu,Pachipulusu,Pudina Chutney,Papad,Curd,Ghee
	Snacks	Coran, Tea,Milk, Fruit
	Dinner	Pulka,Rice,Mixveg Curry,Beerakaya Moong Dal,Sambar,Curd,Pickle
Friday	Breakfast	Wada Chutney, Smabar,Milk,Tea
	Lunch	Bendi Fry, Leaf Dal,Gummadikaya Pulusu,Mango Pickle,Curd,ghee
	Snacks	Bioled Palli with Chat Masala , Tea,Milk, Fruit
	Dinner	Pulka,Coconut Rice,AalooTomato Phool,makhani Curry,Rice,Sambar,Curd
Saturday	Breakfast	Millet Dosa,Palli Chutney,Aaloo Masala,Tea,Milk
	Lunch	Dondakaya Fry,Leaf dal,Miriyala Rasam,Cabage Roti Chutney,Curd,ghee
	Snacks	Mirchi Bajji,Tea,Milk,Fruit
	Dinner	Pulka,Rice,Meal Maker Tamato curry,Sorakaya Moong dal,Sambar,Curd,Pickle
Sunday	Breakfast	Idly,palli chuney,tea,milk
	Lunch	Veg biryani,Plain Rice, Panner Butter Masala Curry,Sambar,Raitha,sweet
	Snacks	Mixture,Tea,Milk,Fruit
	Dinner	Pulka,Rice,Gobi Mutter curry,Cucumber Moong dal,Sambar,Curd,Pickle

Hostel Weekly Menu-4

Monday	Breakfast	Poha With Vegetables, Pickle
	Lunch	Rice,Kanda/Banana Fry, Leaf Dal, Miriyala rasam, tomato Roti Chutney, Curd ,Ghee
	Snacks	Masala wada ,Tea,Milk, Fruit
	Dinner	Pulka, Rice,Aaloo Tomato Curry, Beerakaya (Moong) Dal,Sambar,curd,Pickle
Tuesday	Breakfast	Chapathi, Capsicum , Tomato Curry, Tea,milk
	Lunch	Rice,Gobi 65,Leaf Dal, Bendakaya pulusu, Palak Roti Chutney,Curd,Ghee
	Snacks	Boiled sanagalu With Raw Chopped Keera and Onion,tea,Milk,Fruit
	Dinner	Pulka,Rice, Rajma curry,Tomato Moong dal,Sambar,Curd,Pickle
Wednesday	Breakgfast	Uthappam,Palli Chutney,Tea,milk
	Lunch	Kakarakaya Fry, Leaf Dal,Dappalam,Beerakaya Roti Chutney,Curd,ghee
	Snacks	Mixture , Tea,milk,Fruit
	Dinner	Pulka,Zeera Rice,Panner Mutter Masala , Raitha, Rice, Sambar
Thursday	Breakfast	Puri,Choley Masala,Tea,Milk
	Lunch	Rice,Bendy Fry,Mudda Pappu,Pachipulusu, Cabbage Roti Chutney,Papad,Curd,Ghee
	Snacks	Samosa, Tea,Milk, Fruit
	Dinner	Rice,Tomato Masala Curry,Sorakaya Moong Dal,Sambar,Curd,Pickle
Friday	Breakfast	Wada Chutney, Smabar,Milk,Tea
	Lunch	Rice, Sorakaya tomato Curry,Leaf Dal, Gongura roti chutney, Daniya rasam, Curd ,Ghee
	Snacks	Popcorn , Tea,Milk, Fruit
	Dinner	Pulka,Fried Rice,Capsicum Gravy Curry, Rice,Sambar,Curd
Saturday	Breakfast	Dosa,Palli Chutney,Aaloo Masala,Tea,Milk
	Lunch	Donda Fry,Leaf dal, Gummadikaya Pulusu, Vankaya tomato Roti Chutney,Curd,ghee
	Snacks	PavBaji,Tea,Milk,Fruit
	Dinner	Pulka,Rice,Mixed vegetable/Kanda Pulusu curry, Dosakaya Moong dal,Sambar,Curd,Pickle
Sunday	Breakfast	Idly,palli chuney,tea,milk
	Lunch	Veg biryani, Palak Panner Curry, Plain Rice, Sambar,Raitha,sweet
	Snacks	Cornflakes,Tea,Milk,Fruit
	Dinner	Pulka,Brinjal Tomato Curry, Rice, Dal Thadka,Sambar,Curd,Pickle

Hostel Weekly Menu-3

Monday	Breakfast	Kichidi ,Palli Chutney
	Lunch	Rice,Aaloo Fry, Leaf Dal, Tomato rasam, Beerakai Roti Chutney, Curd ,Ghee
	Snacks	Punugulu, Tomato Red Chutney,Tea,Milk, Fruit
	Dinner	Pulka, Rice,Brinjal Tomato Curry, Ridge Gourd (Moong) Dal,Sambar,curd,Pickle
Tuesday	Breakfast	Chapathi, Mix Veg Masala Gravy, Tea,milk
	Lunch	Rice,Cabbage65,Leaf Dal,Miriyala Rasam,Pudina Roti Chutney,Curd,Ghee
	Snacks	Masala Wada , With Raw Chopped Keera and Onion,tea,Milk,Fruit
	Dinner	Pulka,Rice,Meal Maker Tamato curry, Sorakaya Moong dal,Sambar,Curd,Pickle
Wednesday	Breakfast	Uthappam,Palli Chutney,Tea,milk
	Lunch	Bendi Fry, Leaf Dal,Dappalam,Donkaya Roti Chutney,Curd,ghee
	Snacks	Boiled Peas , Tea,milk,Fruit
	Dinner	Pulka,Tomato Rice, Capicum Masala curry , Raitha, Rice, Sambar
Thursday	Breakfast	Puri,Besan Curry,Tea,Milk
	Lunch	Rice,Donkaya Fry,MuddaPappu,Pachipulusu, Tomato Roti Chutney,Papad,Curd,Ghee
	Snacks	Pastha, Tea,Milk, Fruit
	Dinner	Pulka,Rice,Dosakaya Tomato Curry, Tomato Moong Dal,Sambar,Curd,Pickle
Friday	Breakfast	Wada / Mysuru Bonda, Palli Chutney, Smabar,Milk,Tea
	Lunch	Rice, Broad Beans Curry,Leaf Dal, Gongura roti chutney, Allam rasam, Curd ,Ghee
	Snacks	Mixture , Tea,Milk, Fruit
	Dinner	Pulka,Palak Rice,Tomato Roti Chutney,Rice,Sambar,Curd
Saturday	Breakfast	Dosa,Palli Chutney,Aaloo Masala,Tea,Milk
	Lunch	Vankaya Fry,Leaf dal,Gummadikaya Pulusu, Dosakaya Roti Chutney,Curd,ghee
	Snacks	Banana/Potato Bajji,Tea,Milk,Fruit
	Dinner	Pulka,Rice,Chemagadda Pulusu Kura, Sorakaya Moong dal,Sambar,Curd,Pickle
Sunday	Breakfast	Idly,palli chuney,tea,milk
	Lunch	Veg biryani,Mushroom Curry,Plain Rice, ,Sambar,Raitha,sweet
	Snacks	Cornflakes,Tea,Milk,Fruit
	Dinner	Pulka,Mirchi ka salan Curry, Rice,Dal Thadka,Sambar,Curd,Pickle