

Dwellington SMP Menu - Week 01 & 03 (VEG)

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masala Poha	Aloo Paratha	Idly & Vada	Poori	Veg Noodles	Set Dosa	Tawa Paratha
-	Onion Raita	Sambar	Potato Pease Masala	Tomato Ketchup	Aloo Masala	Black Channa Curry
Chutney	-	Chutney	-	Mix Sprouts Salad	Tomato Chutney	-
Fresh Juice	Bread & Jam	Bread & Jam	Bread & Jam	Bread & Jam	Bread & Jam	Fresh Juice
-	-	-	-	-	-	-
Tea	Coffee	Tea	Tea	Tea	Tea	Milk
-	-	-	-	-	-	-

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chapathi	Phulka	Chapathi	Chapathi	Chapathi	Phulka	Phulka
Dal Lasooni	Dal Fry	Black Dal Masala	Dal Pappu	Veg Kurma	Rajma	Dal Tadka
Cabbage Peas palya	Bhindi Sabji	Aloo Dum	Potato Kara Curry	Mixed Veg Bhajji	Punajabi Aloo Dum	Aloo Brinjal Dry
Pumpkin Sambar	Green Peas Masala	Pkoda Kurma	Dal rasam	-	-	-
White Rice	White Rice	White Rice	White Rice	Sambar Rice	White Rice	White Rice
Fryums	-	Fryums	Papad	Chips	Fryums	Fryums
Pickle	-	Pickle	Pickle	-	Pickle	Pickle
Buttermilk	-	-	-	-	Salad	Salad
-	-	-	-	-	-	-

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chapathi	Phulka	Phulka	Phulka	Aloo Paratha	Assorted Poori	Chapathi
Dal Tadka	Dal Masala	Lauki Kofta	Rajma Masala	Peas Masala	Chana Masala	Makhani
Paneer Butter Masala	Aloo Gobi Masala	Bhindi ki Sabji Dry	Aloo Mutter (Dry)			-
-	-		-	Methi Gobi Dry	Assorted Pakoda	Gobi Manchurian dry
Jeera Rice	White Rice	White Rice	White Rice	White Rice	Nellore Biryani	Veg Fried Rice
-	-	-	-	Fryums	Raita	-
Fresh Garden Salad	Pickle	Pickle	Salad	Pickle	Salad	-
-	Samiya Payasam	Raitha	Papad	Salad	Suji ka Halwa	Chinese Salad