

Dwellington SMP Menu - Week 02 & 04 (VEG)

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Idly & Medu Vada	Bhatura	Veg Uthappam	Kara bath/ Pav Bhaji	Payaz Paratha	Podi Idly / Masala Idly	Methi Aloo Paratha
Sambar	Chole Masala	Sambar	Coconut Chutney/Bhajji	Curd & Pickle	Sambar	Black Channa Curry
Coconut Chutney	-	Tomato Chutney		Mix Sprouts Salad	Coconut Chutney	-
Bread & Jam	Fresh Juice	Bread & Jam	Bread & Jam	Bread & Jam	Bread & Jam	Cut Fruit
Tea	Tea	Tea	Tea	Tea	Tea	Tea
-	-	-	-	-	-	-
-	-	-	-	-	-	-

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Phulka		Chapathi	Phulka	Phulka	Phulka	Poori
Dal fry		-	Black Chana Curry	Tadka Dal	Rajma Masala	Aloo Peas Masala
Raw Banana Palya	Aloo Roast Palya	Kadai Gobi	Cluster Beans Palya	Mixed Veg Palya	-	Dahi Papadi Chaat
Radish Sambar	Pudina Rice	Rajma Masal	Brinjal Sambar	Dal Rasam	Aloo Gobi Masala	Brinjal Chana Dry
WhiteRice	Curd Rice	Jeera Rice	White Rice	White Rice	White Rice	White Rice
	Round Appalam	Raita	Fryums		Veg Salad	-
Pickle	Thovayal	-	Pickle	Pickle	Pickle	Pickle
Buttermilk	-	-	-	-	Curd	Sweet Pongal
	-	-	-	-		

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chapathi	Phulka	Poori	Chapathi	Phulka	Chapathi	Phulka
Aloo Capsicum Masala	Dal Fry	Channa Masala	Black Dal Masala	Methi Malai Aloo Peas	Chana Dal Tadka	Dal Makhani
Gobi 65	Palak Panner	-	Methi Aloo (Dry)	-	-	-
White Rice	-	Gobi Manchurian	-	Batata Vada	Bhindi do Payaza	Aloo Methi Dry
Fryums	White Rice	Veg Fried Rice	White Rice	Jeera Rice	Veg Pulao	White Rice
Pickle	Fryums	-	Fryums	Raita	Papad	Fruits
Salad	Pickle	-	Pickle	Salad	Salad	Pickle
-	Salad	Tossed Salad	Salad	Sweet	Raita	Sweet Lassi

