

SIP GOSSIP TERM-1 MENU 23-24

Week # 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Peanut Salad	Corn Salad	Kosambari Salad	Peanut Salad	Green Salad	Vangi Bath
Pulihora	Masala Vada	Plain Rice	Cut Mirchi	Pav Bhaji	Plain rice
Plain Rice	Plain Rice	Veg Dal	Kottimer Rice	Shezwan Fried Rice	Louki Kurma
Leafy Dal	Ridge Guard Curry	Tomato Egg Curry	Plain Rice	Plain Rice	carrot chutney
Veg Pakora	Mix Veg Dum Fry	Beetroot Chole Fry	Mix Veg Curry	Tomato Dal	Madras sambar
Carrot Rasam	Beetroot Chutney	Cocumber Chutney	Coconut Chutney	Curd	Fryms
Curd	Sambar	Pepper Rasam	Pappucharu	Sweet	curd
	Curd	Curd	Fryums		
			Curd		

Week # 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kosambari Salad	Aloo Bajji	Grain Salad	Corn Salad	Peanut Salad	HOLIDAY
Bagara Rice	Gongura Rice	Plain Rice	Plain Rice	Manchurian Noodles	
Plain Rice	Plain Rice	Boiled Egg Fry	Pappu Thotakura	Peas Pulov	
Veg Macroni Masala	Cucumber Dal	Soy Beans Kurma	Potato Dum Fry	Raitha	
Tindora Chutney	Dondakaya Pakodi	Red Chutney	Beetroot Chutney	Plain Rice	
Veggie Sambar	Kaddu Chutney	Sambar	Tomato Rasam	Veg Curry	
Fryums	Raw Tamrind Rasam	Fryums	Curd	Sambar	
Curd	Curd	Curd		Curd	
				Fruit custard	

Week # 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beet Poori	Pasta Salad	Grain salad	Masala Vada	Green Salad	Mixed veg rice
Pudina Pulov	Plain Rice	Lemon Rice	Plain Rice	Veg Manchuria	Raitha
Plain Rice	Masala Dal	Plain Rice	Palak Dal	Veg Noodles	plain rice
Veg Curry	Veg65	Gutti Dondakaya	Veg Fry	Plain rice	gutti vankaya
Sambar	Beerakaya Chutney	Egg Bhurji	Cabbage Chutney	Veg Liver Fry	rasam
Radish Chutney	Tomato Rasam	Tomato Chutney	Rasam	Sambar	curd
Fryums	Curd	Sambar	Curd	Curd	Cut Fruits
Curd		Fryums		sweet	
		Curd			

Week # 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kala Channa Salad	Green Salad	Grain salad	Corn Salad	Bhel Chat	HOLIDAY
Onion Pakoda	Aiwain Chapathi	Jeera Rice	Alasandala Vada	Sesame Rice	
Plain Rice	Plain Rice	Plain Rice	Tomato Rice	Fryums	
Louki Dal	Veg Kofta Curry	Dal Tadka	Plain Rice	Plain rice	
Veg Dum Fry	Okra Fry	Tomato Egg Curry	Brinjal Mutter Curry	Leafy Dal	
Pudina Chutney	Dosakai Chutney	Rasam	Red Chutney	Rasam	
Rasam	Rasam	Curd	Sambar	fruit custard	
Curd	Curd		Fryums	Curd	
			Curd		

Week # 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Peanut salad	Poori	Grain salad	green salad	veg manchuria	Mixed veg rice
Plain rice	Aloo methi masala	plain rice	onion pakoda	jeera rice	rytha
Drumstick Masala Curry	plain rice	tomato dal	coconut rice	dal tadka	plain rice
carrot fry	banana fry	egg bhurji	mixed veg kurma	plain rice	gutti vankaya
Bottle gourd chutney	sambar	brinjal chutney	plain rice	rasam	rasam
Moongdal Rasam	curd	rasam	pesarappu charu	curd	curd
curd	fryms	fryums	curd	sweet	Cut Fruits
		curd			

* Menu Subject to Change