

**GURUKOOL MENU DEC-23**

**Breakfast**

TAMIL/KARNATAKA	MAHARASHTRA	PUNJABI	ANDHRA	S.INDIAN	N.INDIAN	CHEF CHOICE
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
				12/1/2023	12/2/2023	12/3/2023
				Wheat grass	Pomegranate	Papaya
				Kiwi shake	Corn Cereal shake	Choco shake
				Idli	Methi puri	
				Aravai sambar	Aloo bhaji	
12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023	12/9/2023	12/10/2023
Orange	Cucumber mint	Mosambi	Water melon mint	Carrot ginger	Indian gooseberry	Muskmelon
Banana shake	Rose milk shake	Vanilla milk shake	Coffee milk shake	Mango milk shake	Badam milk shake	Apple milk shake
Veg semiya	Penaut poha	Palak paratha	Tomato uttapam	Thalippu idli	Puri	Mysore dosa
Coconut chutney	Mint chutney	Masala curd	Sambar	Sambar & Chutney	Potato bhurji	Sambar
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023	12/16/2023	12/17/2023
Carrot & Orange ginger	Pomegranate Mint	Mint Parsley	Indian gooseberry	Cucumber mint	ABC shots	Black grape
Cherry shake	Key lime shake	Banana shake	Caramel milkshake	Avocada shake	Strawberry shake	Blueberry shake
Pongal	Kanda poha	Aloo paratha	Pesarattu	Carrot idli	Mint puri	Dosa
Brinjal gothsu	Masala curd	Chole masala	Peanut chutney	Sambar & Chutney	Vellai kurma	Vadacurry
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023	12/23/2023	12/24/2023
Pineapple mint	Carrot cucumber	Mosambi	Water melon mint	Carrot ginger	bottle gourd mint shot	Muskmelon
Oreo shake	Pumpkin shake	Pineapple shake	Mint choco shake	Peanut butter shake	Lemonade shake	Dates shake
Rava onion upma	Palak paratha	Punjabi poha	Podi uttapam	Idli	Puri	Upma
Chutney	White peas masala	Green chutney	Sambar	Sambar & Chutney	Chana masala	Coconut Chutney
12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023	12/30/2023	12/31/2023
Orange	Cucumber mint	Mosambi	Water melon mint	Carrot ginger	Indian gooseberry	Muskmelon
Banana shake	Rose milk shake	Vanilla milk shake	Coffee milk shake	Mango milk shake	Badam milk shake	Apple milk shake
Kara bhath	Dadpe poha	Gobi paratha	Set dosa	Palak idli	Beetroot Puri	Bisi bele bath
Coconut chutney	Green chutney	Chole masala	Sambar & Chutney	Sambar & Chutney	Aloo bhaji	Boondi

**Lunch**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
				12/1/2023	12/2/2023	12/3/2023
				Veg pomegranate pulao	Steam rice	Steam rice
				Aloo chana masala	Ivy Samabr	Bonda mor kozhambu
				Fryums	Cluster bean poriyal	Carrot palya
				Fryums & Pickle	Fryums & Pickle	Fryums & Pickle
12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023	12/9/2023	12/10/2023
Steam rice	Steam rice	Steam rice	Steam rice	Veg pulao	Steam rice	Steam rice
Radish sambar	Vendaikai sambar	Bhini mor kozhambu	Drumstick sambar	Aloo gobi masala	Bottle gourd sambar	Baingan sambar
Cluster bean poriyal	Carrot poriyal	Red capsicum poriyal	Pumpkin kootu	Salad	Yam poriyal	Bitter gourd poriyal
Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023	12/16/2023	12/17/2023
Steam rice	Steam rice	Steam rice	Steam rice	Veg pineapple pulao	Steam rice	Steam Rice
Radish sambar	Drumstick sambar	Flat bean sambar	Bottle gourd sambar	Vegetable jalfrezi	Vendaikai sambar	Baingan sambar
Cluster bean poriyal	Pumpkin kootu	Beetroot poriyal	Yam poriyal	Salad	Carrot poriyal	Bitter gourd poriyal
Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023	12/23/2023	12/24/2023
Steam rice	Steam rice	Steam rice	Steam rice	Veg pulao	Steam rice	Steam Rice
Tomato onion sambar	Flat bean sambar	Cucumber mor kozhambu	Sundaikkai sambar	Soya chunk curry	Arachuvita sambar	Poosanikai sambar
Aloo fry	Beetroot poriyal	Red capsicum poriyal	Bottle gourd poriyal	Salad	Cabbage poriyal	Carrot poriyal
Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle
12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023	12/30/2023	12/31/2023
Steam rice	Steam rice	Steam rice	Steam rice	Veg pulao	Steam rice	Steam rice
Radish sambar	Vendaikai sambar	Bhini mor kozhambu	Drumstick sambar	Aloo gobi masala	Bottle gourd sambar	Baingan sambar
Cluster bean poriyal	Carrot poriyal	Red capsicum poriyal	Pumpkin kootu	Salad	Yam poriyal	Bitter gourd poriyal
Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle	Fryums & Pickle

**Snack's**

				12/1/2023	12/2/2023	12/3/2023
				Brown Chana	Aloo Samosa	Horse gram
					Green chutney	
12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023	12/9/2023	12/10/2023
Mixed Sprout Sundal	Cabbage Pakora chutney	Sweet Channa Sundal	Onion Samosa chutney	Black Channa Sundal	Aloo bonda	Karamani Sundal
					Green chutney	
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023	12/16/2023	12/17/2023
Aloo samosa	Chana chaat	Onion pakora	Podi idly	Gobi 65	Vada Pav	Mix veg bajji
Ketchup		Chutney	chutney	Mint chutney	Green chutney	Chutney
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023	12/23/2023	12/24/2023
Onion Bonda	Sweet Potato	Chilli bajji	Bhel puri	Aloo tikki	Boiled Peanut	Vada pav
Chutney		Green chutney		Mint chutney		
12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023	12/30/2023	12/31/2023
Mixed Bajji	White channa	Gobi 65	Kadai Pav	Brown Chana	Aloo Samosa	Horse gram
Chutney		Chutney			Green chutney	

Dinner						
N/INDIAN	TAMIL/ANDHRA	HYD	PUNJABI	GUR/RAJASTHAN	CHINESE	CHEF CHOICE
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				12/1/2023	12/2/2023	12/3/2023
				Bhindi Rajasthani	Veg boll garlick Sauce	Okra masala
				Dal Meloni	Dal amritsari	Dal tadka
				Zarad Pulao	Veg sasame rice	Pineapple pulao
				Chapati	Chapati	Chapati
12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023	12/9/2023	12/10/2023
Brinjal masala	Mangalore sambar	Hyd veg briyani	Achhari bhindi masala	Aloo gobi masala	Chilli gobi	Kadai pakoda
Green moong dal	Chana dal thovaiyal	Raitha	Chana palak masala	Panchratna dal	Dal makhani	Palak dal
Jeera Pulao	Tamarind rice	Chips	Kashmiri pulao	Palak pulao	Steamed rice	Mysore pulao
Chapati	Chapati	Salad	Chapati	Chapati	Chapati	Chapati
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023	12/16/2023	12/17/2023
Kadai Veg	Brinjal Masala	Veg biryani	Aloo Rasawala	Veg Kolhapuri	Capsicum manchurian	Hariyali gobi
Mix dal	Bottle gourd pappu	Raitha	Rajma masala	Dal Meloni	Dal Amritsari	Black dal
Veg pulao	Mint rice	Chips	Shahi pulao	Zarad Pulao	Steamed rice	Corn pulao
Chapati	Chapati	Salad	Chapati	Chapati	Chapati	Chapati
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023	12/23/2023	12/24/2023
Kadai Bhindi	Potato Peas masala	Ambur veg biryani	Chana soya curry	Gobi Matar Masala	Cabbage manchurian	Kadai mushroom
Dal tadka	Andhra Cabbage Chutney	Raitha	Maa ki dal	Mysore dal	Tomato dal	Dal fry
Ananas pulao	Lemon rice	Chips	Carrot pulao	Methi pulao	Steamed rice	Jeera pulao
Chapati	Chapati	Salad	Chapati	Chapati	Chapati	Chapati
12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023	12/30/2023	12/31/2023
Ridge gourd masala	Mix veg kootu	Soya chunk biryani	Methi matar malai curry	Aloo palak curry	Capsicum manchurian	Okra masala
Lobia dal	Peanut Chutney	Raitha	Panjabi dal	Palak dal	Dal Tadka	Dal tadka
Chana pulao	Lemon rice	Chips	Pudina pulao	Jeera pulao	Steamed rice	Mysore pulao
Chapati	Chapati	Salad	Chapati	Chapati	Chapati	Chapati