

NIRVANA MENU DEC-23

Breakfast

TAMIL/KARNATAKA	MAHARASHTRA	PUNJABI	ANDHRA	S. INDIAN	N. INDIAN	CHEF CHOICE
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				12/1/2023	12/2/2023	12/3/2023
				Tea/Coffee	Tea/Coffee	Tea/Coffee
				Podi idli	Bhatura	Mysore dosa
				Aravai sambar	Black chana curry	Sambar
12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023	12/9/2023	12/10/2023
Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Masala Dosa	Indori Poha	Methi Chapathi	Podi uthappam	Kanchipuram Idly	Veg Upma	Poori
Sambar&Chutney	Green Chutney	Punjabi Dal	Andhra Sambar	Sambar & chutney	Coconut Chutney	Aloo Bhaaji
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023	12/16/2023	12/17/2023
Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Rava idli	Peanut poha	Ragi Dosa	Carrot uttapam	Plain dosa	Beetroot puri	Upma
Sagu	Mint chutney	Red Chutney	Kale Chutney	Sambar & chutney	Dum aloo curry	Coconut Chutney
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023	12/23/2023	12/24/2023
Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Idly	Wheat dosa	Palak paratha	Onion uttapam	Thalippu idli	Mint puri	Dosa
Sambar&Chutney	Red chutney	Aloo Brinjal Curry	Sambar	Chutney	Veg curry	Vadacurry
12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023	12/30/2023	12/31/2023
Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Rava dosa	Ragi Dosa	Plain paratha	Set dosa	Podi idli	Bhatura	Mysore dosa
Onion chutney	Peanut chutney	Veg Kurma	Dal chutney	Aravai sambar	Black chana curry	Sambar

Mid Mornng

				12/1/2023	12/2/2023	12/3/2023
				Muskmelon	Pineapple	ABC juice
12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023	12/9/2023	12/10/2023
Water melon salad	Mixed Fruit	Papaya salad	Mixed Fruit	Pineapple	Muskmelon	Lemon Mint
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023	12/16/2023	12/17/2023
Water melon salad	Mixed Fruit	Pineapple	Mixed Fruit	Papaya salad	Muskmelon	Melon mint
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023	12/23/2023	12/24/2023
Water melon salad	Mixed Fruit	Papaya salad	Mixed Fruit	Muskmelon	Papaya salad	Mosambi juice
12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023	12/30/2023	12/31/2023
Water melon salad	Mixed Fruit	Papaya salad	Mixed Fruit	Muskmelon	Pineapple	ABC juice

Lunch

				12/1/2023	12/2/2023	12/3/2023
				Steamed rice/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati
				Drumstick sambar	Aloo brinjal sambar	Okra sambar
				Coriander rasam	Ginger lemon rasam	Dal rasam
				Carrot palya	Chow chow kootu	Yam kootu
12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023	12/9/2023	12/10/2023
Steamed rice/ Chapati	Steamed rice/ Chapati	Veg Biryani/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati
Carrot beans sambar	Masoor dal	Aloo chana masala	Drumstick sambar	Mix veg Sambar	Bitter gourd masala	Chayote sambar
Tomato rasam	Rasam	Moongdal payasam	Dal rasam	Coriander rasam	Thili Rasam	Kalyana rasam
Yam kootu	Cabbage kootu	Raitha	Aloo matar dry	Ridge Gourd poriyal	Pumpkin thoran	Snake gourd poriyal
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023	12/16/2023	12/17/2023
Steamed rice/ Chapati	Steamed rice/ Chapati	Ambur Biryani/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati
White pumpkin sambar	Pudalankai kootu	Brinjal yam curry	Mangalore cocumber sambar	Mixed sprout kootu	Murunagi bassaru	Buttermilk sambar
Tomato rasam	Plain rasam	Kesarbath	Pepper rasam	Jeera rasam	Plain rasam	Rasam
Beans poriyal	Potato palya	Raitha	Beetroot poriyal	Mix veg palya	Mix veg poriyal	Bitter gourd poriyal
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023	12/23/2023	12/24/2023
Steamed rice/ Chapati	Steamed rice/ Chapati	Veg Biryani/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati
Mix veg sambar	Palak kootu	Veg korma	Drumstick sambar	Okra Sambar	Radish sambar	Ridgeguard sambar
Lemon rasam	Jeera rasam	Raitha	Plain rasam	Tamarin rasam	Pepper rasam	Rasam
Keerakai poriyal	Bhindi palya semi gravy	Semiya payasam	Nulkol gourd fry	Beans palya	Nulkol poriyal	Yellow pumpkin kootu
12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023	12/30/2023	12/31/2023
Steamed rice/ Chapati	Steamed rice/ Chapati	Veg Pulao/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati	Steamed rice/ Chapati
Mix Veg Sambar	Spinach dal	Chettinad veg kurma	Carrot bean sambar	Drumstick sambar	Aloo brinjal sambar	Okra sambar
Rasam	Tomato rasam	Aval payasam	Plain rasam	Coriander rasam	Ginger lemon rasam	Dal rasam
Cabbage dal kootu	Gobi peas	Raitha	Aloo palak	Carrot palya	Chow chow kootu	Yam kootu

Snacks

				12/1/2023	12/2/2023	12/3/2023
				Papdi Chat	Boiled peanut chaat	Pattani Sundal
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	Sweet channa sundal	Rajma Sundal	Black channa sundal	Aloo bonda	Karamani sundal
	Chutney				Chutney	
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023	12/16/2023	12/17/2023
Onion bonda	Sweet potato	Chilli bajji	Bhel puri	Rusk	Boiled peanut	Sprouts Sundal
	Chutney	Chutney				
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023	12/23/2023	12/24/2023
Mixed bajji	White channa	Gobi 65	Sweet potato	Brown chana	Aloo samosa	Horse gram
	Chutney	Green chutney			Ketchup	
12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023	12/30/2023	12/31/2023
Raw banana bajji	Mixed sprout sundal	Lobia Sundal	Mysore bonda	Papdi Chat	Boiled peanut chaat	Pattani Sundal
	Chutney		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
				Lemon pepper cucumber	Tomato& Carrot salad	Mixed salad
				Betroot chapati/Rice	Butter phulka/Rice	Gobi parata/Rice
				Channa dal	Mysore dal	Curd
				Veg kolhapuri	Kadai mushroom	Dal tadka
12/4/2023	12/5/2023	12/6/2023	12/7/2023	12/8/2023	12/9/2023	12/10/2023
Hung curd salad	Cucumber salad	Mixed salad	Chickpea salad	Lemon CC salad	Carrot salad	Mixed bean salad
Chapati/Rice	Aloo paratha/Rice	Butter phulka/Rice	Chapati/Rice	Phulka/Rice	Chapati/Rice	Ajwain paratha/Rice
Rajma Sabji	Black dal	White vatana dal	Black dal	Lobia masala	Veg makhani	Mix dal
Dal	Curd	Brinjal masala	Methi matar malai curry	Veg kolhapuri	Sprouts dal	Curd
12/11/2023	12/12/2023	12/13/2023	12/14/2023	12/15/2023	12/16/2023	12/17/2023
Mixed salad	Lemon CC salad	Lemon pepper cucumber	Mixed salad	Tomato& Carrot salad	Carrot salad	Cucumber salad
Chilka dal	Sprout dal	Green chutney	Methi dal	Keede dal	Mixed veg	Palak soup
Beetroot chapati/Rice	Chapati/Rice	Gobi parata/Rice	Chapati/Rice	Mint Chapathi/Rice	Butter fulka/Rice	Aloo paratha/Rice
Mix veg makhni	Gobi soya kurma	Curd	Baingan bharta	Mix veg sabji	Channa masala	Curd
12/18/2023	12/19/2023	12/20/2023	12/21/2023	12/22/2023	12/23/2023	12/24/2023
Mixed salad	Lemon CC salad	Rainbow salad	Mixed salad	Lemon pepper cucumber	Carrot salad	Cucumber salad
Chapati /Rice	Chapati/Rice	Butter phulka/Rice	Chapati/Rice	Phulka/Rice	Chapati/Rice	Ajwain paratha/Rice
Kadai veg	Sprout dal	Green chutney	Methi dal	Keede dal	Channa masala	Spinach soup
Dal	Gobi soya kurma	Dum aloo	Bhindi masala	Mix veg sabji	Capsicum sabji	Plain dal
12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023	12/30/2023	12/31/2023
Green Salad	Carrot salad	Onion & Cucumber salad	Mixed salad	Lemon pepper cucumber	Tomato& Carrot salad	Mixed salad
Spinach chapati/Rice	Chapati/Rice	Methi chapati/Rice	Chapati/Rice	Betroot chapati/Rice	Butter phulka/Rice	Gobi parata/Rice
Curd	Plain dal	Gujarati dal	Methi dal	Channa dal	Mysore dal	Curd
Maoor Dal	Bhindi masala	Aloo matter masala	Achari bhindi masala	Veg kolhapuri	Kadai mushroom	Dal tadka