



# NEW COMMON DIET MENU



Day	Week-1					Week-2					Week-3					Week-4					
	Breakfast	Break	Lunch	Snacks	Dinner	Breakfast	Break	Lunch	Snacks	Dinner	Breakfast	Break	Lunch	Snacks	Dinner	Breakfast	Break	Lunch	Snacks	Dinner	
<b>Monday</b>	1. Kichidi with Tomato Chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Aloo Capsicum 3. Pala Kura Dal 4. Ghee 5. Rasam 6. Curd 7. Onion Boiled Egg Curry	Boiled Shenigalu	1. Rice 2. Curry - Chikkudukaya 3. Pudina Kothamira Chutney 4. Sambar ( Carrot + Tomato+Sorakai) 5. Butter Milk	1. Kichidi with Tomato Chutney 2. Ragi Java with Jaggery	Banana/ Guava	1. Rice 2. Curry - Aloo Vankaya 3. Thotakura Dal 3. Ghee 4. Rasam 5. Curd 6. Onion Egg Curry	Boiled Bobbarlu	1. Rice 2. Kakarkaya Fry 3. Vegetable Chutney- Beerakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Kichidi with Tomato Chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Aloo Capsicum 3. Dal with leafy vegetable - Pala Kura 4. Ghee 5. Rasam 6. Curd 7. Onion Boiled Egg Curry	Boiled Senegal	1. Rice 2. Curry - Sorakaya 3. Vegetable Chutney - Pudina 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Kichidi with Tomato Chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Aloo Capsicum 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Onion Egg Curry	Boiled Bobbarlu	1. Rice 2. Curry - Pudina Kothamira 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Rice 2. Curry - Aloo Capsicum 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Onion Egg Curry
<b>Tuesday</b>	1. Idly with Sambar 2. Milk with Boost	Guava/ Banana	1. Rice 2. Curry - Beetroot 3. Dosakaya Pappu 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Fried Pallilu and Bellam	1. Rice 2. Curry - Cabbage 3. Tomato Chutney 4. Sambar ( Carrot + Tomato+Sorakai) 5. Butter Milk	1. Idly with Sambar 2. Milk with Boost	Banana	1. Rice 2. Curry - Carrot 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Fried Pallilu and Bellam	1. Rice 2. Curry - Dosakaya 3. Vegetable Chutney - Cabbage 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Idly with Sambar 2. Milk with Boost	Banana/ Guava	1. Rice 2. Curry - Dondakaya 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Fried Pallilu and Bellam	1. Rice 2. Curry - Potlakaya/Vankaya 3. Vegetable Chutney - Tomato 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Idly with Sambar 2. Milk with Boost	Banana/ Guava	1. Rice 2. Curry - Beetroot 3. Palakura Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Fried Pallilu and Bellam	1. Rice 2. Curry - Cabbage 3. Vegetable Chutney - Tomato 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	
<b>Wednesday</b>	1. Tamarind Pulihora with Nuvvula podi 2. Milk with Boost	Banana	1. Bagara rice + Chicken Curry/ Mmakar Kurma (For Vegetarian) 2. Curd 3. Sambar	Ginger Tea	1. Rice 2. Curry - Sorakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	1. Tamarind Pulihora with Nuvvula podi 2. Milk with Boost	Banana/ Papaya	1. Veg Biryani + Aloo Kurma 2. Curd 3. Fried Boiled Egg curry with tomato	Boiled Batani	1. Rice 2. Curry - Sorakaya 3. Vegetable chutney - Gongura with Pachamirchi 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Tamarind Pulihora with Nuvvula podi 2. Milk with Boost	Banana	1. Bagara rice 2. Chicken curry/Meal maker Kurma for vegetarian 3. Curd 4. Sambar	Ginger Tea	1. Rice 2. Curry - Beerakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	1. Tamarind Pulihora with Nuvvula podi 2. Ragi Java with Jaggery	Banana	1. Veg Biryani + Aloo Kurma 2. Curd 3. Boiled Egg- Tomato Curry	Boiled Batani	1. Rice 2. Curry - Sorakaya 3. Vegetable chutney - Gongura 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	
<b>Thursday</b>	1. Bonda/ Vada with Palli chutney 2. Ragi Java with Jaggery	Banana/ Papaya	1. Rice 2. Curry - Carrot 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Fried Boiled Egg Curry	Boiled Batani	1. Rice 2. Curry - Beerakaya 3. Vegetable Chutney - Dondakaya 4. Sambar ( Carrot + Tomato+Sorakai) 5. Butter Milk	1. Bonda/ Vada with Palli chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Bendakaya 3. Munagaku Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Millet Biscuits	1. Rice 2. Curry - Beerakai 3. Vegetable Chutney - Dosakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Bonda/ Vada with Palli chutney 2. Ragi Java with Jaggery	Banana/ Papaya	1. Rice 2. Curry - Cabbage 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Tomato with Boiled Egg Curry	Millet Biscuits	1. Rice 2. Curry - Capsicum 3. Vegetable Chutney - Gongura Pachamirchi 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Bonda with palli chutney 2. Milk with Boost	Banana/ Papaya	1. Rice 2. Curry - Bendakaya 3. Munagaku dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Millet Biscuits	1. Rice 2. Curry - Chikkudukaya 3. Vegetable Chutney - Tomato 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	
<b>Friday</b>	1. Upma (Wheat rava) with Tomato Chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Chamagadda/ Kandagadda 3. Munagaku Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg curry	Boiled Pesarlu	1. Rice 2. Curry - Goru Chikkudu 3. Vegetable Chutney - Dondakaya 4. Sambar ( Carrot + Tomato+Sorakai) 5. Butter Milk	1. Upma (Bombay rava) with Putnal chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Kandagadda/ Chamagadda 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg Curry	Boiled Pesarlu	1. Rice 2. Curry - Capsicum 3. Vegetable Chutney - Palakura 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Upma (Wheat rava) with tomato chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Carrot 3. Dal with Dosakaya 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Boiled Pesarlu	1. Rice 2. Curry - Cauliflower 3. Vegetable Chutney - Beerakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Upma (Bombay rava) with Putnala chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Kandagadda/ Chamagadda 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Boiled Pesarlu	1. Rice 2. Curry - Potlakaya/Vankaya 3. Vegetable Chutney - Dondakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	
<b>Saturday</b>	1. Rice pongali with Putnal chutney 2. Milk with Boost	Banana/ Watermelon/ Sapota	1. Rice 2. Curry - Bendakaya 4. Ghee 5. Rasam 6. Curd 7. Tomato Boiled Egg Curry	Onion Pakoda	1. Rice 2. Curry - Dosakaya 3. Gongura with Pachamirchi Chutney 4. Sambar ( Carrot + Tomato+Sorakai) 5. Butter Milk	1. Jeera Rice with Tomato chutney 2. Milk with Boost	Banana/ Watermelon/ Sapota	1. Rice 2. Curry - Goru Chikkudukaya 3. Dal with leafy vegetable 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Egg Bajji	1. Rice 2. Curry - Cauliflower 3. Vegetable Chutney - Tomato 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Rice Pongali with Putnal chutney 2. Milk with Boost	Banana/ Watermelon/ Sapota	1. Rice 2. Curry - Bendakaya 3. Tomato Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Onion Pakoda	1. Rice 2. Curry - Chikkudukaya 3. Vegetable Chutney - Beerakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	1. Jeera Rice with Tomato Chutney 2. Milk with Boost	Banana/ Watermelon/ Sapota	1. Rice 2. Curry - Carrot 3. Thota kura Dal 4. Ghee 5. Rasam 6. Curd	Egg Bajji	1. Rice 2. Curry - Capsicum 3. Vegetable Chutney - Dosakaya 4. Sambar (Carrot + Tomato+Sorakai) 5. Butter Milk	
<b>Sunday</b>	Poori with Chole Masala	Banana	1. Bagara Rice 2. Mutton Curry and Mealmaker for vegetarian 3. Sambar 4. Curd	Ginger Tea	1. Rice 2. Curry - Sorakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	Chapathi with Alukurma	Banana	1. Bagara Rice 2. Chicken Curry/ Meal maker for vegetarian 3. Sambar 4. Curd	Ginger Tea	1. Rice 2. Curry - Beerakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	Poori with Chole Masala	Banana	1. Bagara Rice 2. Mutton curry and Mealmaker for vegetarian 3. Curd 4. Sambar	Ginger Tea	1. Rice 2. Curry - Beerakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	Chapathi with Alukurma	Banana	1. Bagara Rice 2. Chicken Curry/ Mealmaker for vegetarian 3. Curd 4. Sambar	Ginger Tea	1. Rice 2. Curry - Beerakaya 3. Sambar (Carrot + Tomato+Sorakai) 4. Butter Milk	