

Breakfast and Lunch Menu for October, 2018							
Date	Day	Breakfast	Lunch				
10/1/18	Mon	Idli Sambar	Steamed Rice	Dal Tadka	Kadhai Sabzi	Chapatti	Fryums
10/3/18	Wed	Puri Bhaji	Onion n Mint Pulao	Dal Fry	Rajma Masala	Palak Paratha	Sewai Kheer
10/4/18	Thur	Veg S/w n Tomato Ketchup	Steamed Rice	Dal Pakode	Bhendi Fry	Chapatti	Tossed Salad
10/5/18	Fri	Sabudana Khichdi n Cucumber Curd	Veg Fried Rice	Manchow soup	Crispy Veg	Veg Manchurian	Kimchi Salad
10/8/18	Mon	Pasta in Cream Sauce	Steamed Rice	Akka Masoor Dal	Aloo Mutter	Chapatti	Kuchumber
10/9/18	Tue	Medhu Wada Sambar	Green Pea Pulao	Dal Kolhapuri	Veg Makhanwala	Tawa Paratha	Papad
10/10/18	Wed	Pav Bhaji	Steamed Rice	Dal Lasooni	Paneer Tikka Masala	Chapatti	Salad
10/11/18	Thur	Chole Puri	Veg Pulao	Dal Makhini	Aloo Gobi Capsicum	Methi Paratha	Fruit Custard
10/12/18	Fri	Masala Poha and Banana	Veg Biryani	Veg Raita	Chawli Masala	Chapatti	
10/13/18	Sat	Veg Cutlet and Ketchup					
10/15/18	Mon	Upma and Strawberry milk	Steamed Rice	Dal Tadka	Veg Jalfrezi	Chapatti	Carrot n Cucumber Sticks
10/16/18	Tue	Misal Pav	Masale Bhaat	Varan	Baingan Masala	Masala Poli	Bhoondi Raita
10/17/18	Wed	Onion Uttapa n Chutney	Steamed Rice	Dal Bukhara	Chole Amritsari	Chapatti	Gajar ka Halwa
10/19/18	Fri	Batata wada n Sambar	Veg Fried Rice	Hot n Sour Soup	Gobi Manchurian	Veg Balls in Hot Garlic Sauce	Oriental Salad
10/22/18	Mon	Pineapple Sheera n Fruit Cuts	Lemon rice	Sambar	Veg Kuttu	Chapatti	Payasam
10/23/18	Tue	Bread Pattice and Tomato Ketchup	Steamed Rice	Dal Palak	Paneer Makhanwalla	Tawa Paratha	Salad
10/24/18	Wed	Green Pea Poha	Kashmiri pulao	Dal Fry	Jeera Aloo	Chapatti	Fryums
10/25/18	Thur	Idli Chutney	Steamed Rice	Dal Makhini	Veg Handi	Methi Paratha	Tossed Salad
10/26/18	Fri	Sabudana Wada n Cucumber Curd	Veg Fried Rice	Tomato Soup	Crispy Veg	Veg Manchurian	Kimchi Salad