

BREAKFAST

DAYS

MON		Idli - sweet idli - chutney - sambar
TUE		Pongal - vadai - chutney - sambar
WED		Ghee kichdi - sweet ragi semiya
THUR		Poori - kilangu masal - kesari
FRI		Sweet paniyaram/kaara Paniyaram - kaara chutney - sambar
SAT		Uthappam - chutney - sambar

WEEK

1

LUNCH

VATTIL
THE FOOD COMMUNITY

DAYS

MON		Rice - Kathamba sambar - Paruppu rasam-Avarakkai varuval - Curd
TUE		Rice - Thattapayir/Ennai kathirikai kulambu - Thakkali rasam - Podalangai kootu - Curd - Thenga thuvayal
WED		Rice - Kolluparupu kadayal - Nei Poondur rasam - Valakkai fry - Curd
THUR		Rice - Veg kurma - Pulli rasam - Gobi 65 - Curd
FRI		Seeraga samba veg biriyani
SAT		Dal rice/ sambar rice - moor kulambu - poriyal - payasam

DINNER

DAYS

MON		Wheat parotta - kurma/kadai paneer
TUE		Adai dosai
WED		Chappathi - channa masala
THUR		Idiyappam - coconut milk - veg stew/kerala gravy
FRI		Kambu/sola dosai - groundnut chutney
SAT		Chilli idli - Chutney - Onion salad

BREAKFAST

DAYS

MON		Idli - sweet idli - chutney - sambar
TUE		Pongal - vadai - chutney - sambar
WED		Ghee kichdi - sweet ragi semiya
THUR		Poori - kilangu masal - kesari
FRI		Sweet paniyaram/kaara Paniyaram - kaara chuney - sambar
SAT		Uthappam - chutney - sambar

WEEK

2

LUNCH

DAYS

MON		Rice - Mullangi Sambar - Paruppu rasam - Muttaikos poriyal - Curd
TUE		Rice - poondu/ vatha kulambu - Thakkali rasam - Urulaikilangu podimas - Curd - Paruppu thuvayal
WED		Rice - Pachaipayir kadai - Nei Poondu rasam - Vendakkai fry - Curd
THUR		Rice - Mushroom kurma - Puli rasam - Soya 65 - Curd
FRI		Seeraga samba veg biriyani
SAT		Dal rice/ sambar rice - moor kulambu - poriyal - payasam

VATTIL
THE FOOD COMMUNITY

DINNER

DAYS

MON		Wheat parotta - kurma/kadai panneer
TUE		Adai dosai
WED		Chappathi - channa masala
THUR		Idiyappam - coconut milk - veg stew/kerala gravy
FRI		Kambu/sola dosai - groundnut chutney
SAT		Fried idli - Chutney - Sambar

BREAKFAST

WEEK

DAYS

MON		Idli - sweet idli - chutney - sambar
TUE		Pongal - Vadai - Chutney - Sambar
WED		Ghee kichdi - sweet ragi semiya
THUR		Poori - kilangu masal - kesari
FRI		Sweet paniyaram/kaara Paniyaram - kaara chutney - sambar
SAT		Uthappam - chutney - sambar

3

LUNCH

VATTIL
THE FOOD COMMUNITY

DAYS

MON		Rice - Murungakkai Sambar - Paruppu rasam - Kovakkai varuval - Curd
TUE		Rice - Kondakadalai/mochaipayir kulambu - Thakkali rasam - Peerkangai kootu - Curd - Thenga thuvayal
WED		Rice - Paruppu kadayal - Nei Poondur rasam - Valakkai Kola Urundai - Curd
THUR		Rice - Aati Aracha Thakkali kulambu - Puli rasam - Cauliflower potato fry - Curd
FRI		Seeraga samba veg biriyani
SAT		Dal rice/ sambar rice - moor kulambu - poriyal - payasam

DINNER

DAYS

MON		Wheat parotta - kurma/kadai paneer
TUE		Adai dosai
WED		Chappathi - channa masala
THUR		Idiyappam - coconut milk - veg stew/kerala gravy
FRI		Kambu/sola dosai - groundnut chutney
SAT		Thattu idli - Chutney - Sambar - Podi

BREAKFAST

DAYS

MON		Idli - sweet idli - chutney - sambar
TUE		Pongal - Vadai - Chutney - Sambar
WED		Ghee kichdi - sweet ragi semiya
THUR		Poori - kilangu masal - kesari
FRI		Sweet paniyaram/kaara Paniyaram - kaara chuney - sambar
SAT		Uthappam - chutney - sambar

WEEK

4

LUNCH

DAYS

MON		Rice - Keerai Sambar - Paruppu rasam - Carrot beans poriyal - Curd
TUE		Rice - Paruppurundai kulambu - Thakkali rasam - Vazhaithandu poriyal - Curd - Paruppu thuvayal
WED		Rice - Pachaipayir kadayal - Nei Poondur rasam - Urulai deep fry - Curd
THUR		Rice - Veg kurma - Puli rasam - Beetroot kola - Curd
FRI		Seeraga samba veg biriyani
SAT		Dal rice/ sambar rice - moor kulambu - poriyal - payasam

VATTIL
THE FOOD COMMUNITY

DINNER

DAYS

MON		Wheat parotta - kurma/kadai paneer
TUE		Adai dosai
WED		Chappathi - channa masala
THUR		Idiyappam - coconut milk - veg stew/kerala gravy
FRI		Kambu/sola dosai - groundnut chutney
SAT		Pudhina idli - Chutney - Sambar