

LUNCH MENU FOR THE MONTH OF JANUARY 2022

MONDAY	CHAPATHI	CHANNA MASALA	WHITE RICE	SAMBAR(Mysuru style)	SHAVIGE PAYASA	PAPPAD/CURD
TUESDAY	DOSA	SAMBAR	FRIED RICE	SAUCE	VEG SOUP	FRYUMS
WEDNESDAY	CHAPATHI	ALOO GRAVY	VEG PULAO	CUCUMBER RAITHA	WHEAT PAYASA	PAPPAD
THURSDAY	DOSA	VEG CURRY	GHEE RICE	DAL FRY	MASALA VADA	FRYUMS
FRIDAY	CHAPATHI	GREEN PEAS CURRY	WHITE RICE	RASAM	GULAB JAMUN	PAPPAD/CURD
MONDAY	CHAPATHI	BLACK CHANNA CURRY	WHITE RICE	SAMBAR(Mangalore style)	FRUIT CUSTARD	PAPPAD/CURD
TUESDAY	DOSA	COCONUT CHUTNEY	SOYA PULAO	VEG GRAVY	CORN SOUP	FRYUMS
WEDNESDAY	CHAPATHI	KADAI VEGETABLE	VANGI BATH	CHUTNEY	PINEAPPLE KESARI	PAPPAD
THURSDAY	PAROTA (1 NO)	VEG SAGU	RICE BATH	RAITHA	BLACK CHANNA PALYA	FRYUMS
FRIDAY	CHAPATHI	KABUL CHANNA CURRY	WHITE RICE	RASAM	GULAB JAMUN	PAPPAD/CURD
MONDAY	CHAPATHI	CHANNA MASALA	WHITE RICE	SAMBAR(Kerala style)	SHAVIGE PAYASA	PAPPAD/CURD
TUESDAY	DOSA	COCONUT CHUTNEY	FRIED RICE	SAUCE	VEG SOUP	FRYUMS
WEDNESDAY	CHAPATHI	ALOO GRAVY	VEG PULAO	CUCUMBER RAITHA	KADLE BELE PAYASA	PAPPAD
THURSDAY	POORI	KABUL CHANNA CURRY	TOMATO RICE	CHUTNEY	FRUIT SALAD	FRYUMS
FRIDAY	CHAPATHI	GREEN PEAS CURRY	WHITE RICE	RASAM	GULAB JAMUN	PAPPAD/CURD
MONDAY	CHAPATHI	ALOO GRAVY	WHITE RICE	SAMBAR(Tamil Nadu style)	SHAVIGE PAYASA	PAPPAD/CURD
TUESDAY	DOSA	COCONUT CHUTNEY	FRIED RICE	SAUCE	TOMATO SOUP	FRYUMS
THURSDAY	PAROTA (1 NO)	VEG SAGU	VEG PULAO	CUCUMBER RAITHA	WHEAT PAYASA	FRYUMS
FRIDAY	CHAPATHI	GREEN PEAS CURRY	WHITE RICE	RASAM	GULAB JAMUN	PAPPAD/CURD
MONDAY	CHAPATHI	ALOO GRAVY	WHITE RICE	SAMBAR(Tamil Nadu style)	SHAVIGE PAYASA	PAPPAD/CURD

❖ This menu would be followed in both EPS Hootagalli and EPS Koorgalli.


Mathew K G
(Principal)



Date : 28-12-2021