

LUNCH MENU FOR THE MONTH OF JULY 2022

Friday	CHAPATHI	GREEN PEAS CURRY	WHITE RICE	RASAM	BEANS PALYA	GULAB JAMUN	PAPPAD/ CURD
Monday	CHAPATHI	BLACK CHANNA CURRY	WHITE RICE	SAMBAR(Kerala Style)	GREEN GRAM WITH SOPPU (PALYA)	FRUIT CUSTARD	PAPPAD/ CURD
Tuesday	DOSA	COCONUT CHUTNEY	SOYA PANEER PULAO	VEG GRAVY	VEG SALAD	CORN SOUP	FRYUMS
Wednesday	CHAPATHI	KADAI VEGETABLE	VANGI BATH	CHUTNEY	BEETROOT PALYA	PINEAPPLE KESARI	PAPPAD
Thursday	POORI	KABUL CHANNA CURRY	RICE BATH	RAITHA	MIX KOSAMBARI	KADLE BELE PAYASA	FRYUMS
Friday	CHAPATHI	ALOO GRAVY	WHITE RICE	PEPPER RASAM	CABBAGE PORIYAL	GULAB JAMUN	PAPPAD/ CURD
Monday	CHAPATHI	VEG NILGIRI CURRY	WHITE RICE	SAMBAR(Mysore style)	IVY GOURD PALYA	SHAVIGE PAYASA	PAPPAD/ CURD
Tuesday	BUTTER DOSA	COCONUT CHUTNEY	FRIED RICE	SAUCE	VEG SALAD	VEG SOUP	FRYUMS
Wednesday	CHAPATHI	CHANNA MASALA	VEG PULAO	CUCUMBER RAITHA	MASALA VADA (1 NO)	KADLE BELE PAYASA	PAPPAD
Thursday	BATCH 1 (Class 3 to 6)	SAUCE	TOMATO RICE	CHUTNEY	MIX KOSAMBARI	PINEAPPLE KESARI	FRYUMS
	BATCH 2 (Class 7 to12)	VEG SAGU					
Friday	CHAPATHI	GREEN PEAS CURRY	WHITE RICE	METHI RASAM	MIX VEG PALYA	GULAB JAMUN	PAPPAD/ CURD
Monday	CHAPATHI	BRINJAL GOJJU	WHITE RICE	SAMBAR(Mangalore style)	CARROT PALYA	SABAKKI PAYASA	PAPPAD/ CURD
Tuesday	DOSA	ALOO PALYA	SOYA PANEER PULAO	VEG GRAVY	UDDINA VADA (1 NO)	CORN SOUP	FRYUMS
Wednesday	CHAPATHI	KADAI VEGETABLE	VANGI BATH	CHUTNEY	RIDGE GOURD PALYA	PINEAPPLE KESARI	PAPPAD

Thursday	POORI	KABUL CHANNA CURRY	GHEE RICE	DAL FRY	MIX VEG PALYA	KADLE BELE PAYASA	FRYUMS
Friday	CHAPATHI	VEG SAGU	WHITE RICE	RASAM	BEANS PALYA	GULAB JAMUN	PAPPAD/ CURD
Monday	CHAPATHI	CHANNA MASALA	WHITE RICE	SAMBAR(Tamilnad style)	GREEN GRAM WITH SOPPU (PALYA)	SHAVIGE PAYASA	PAPPAD/ CURD
Tuesday	DOSA	COCONUT CHUTNEY	FRIED RICE	SAUCE	VEG SALAD	VEG SOUP	FRYUMS
Wednesday	CHAPATHI	ALOO GRAVY	VEG PULAO	CUCUMBER RAITHA	ONION BONDA(1 NO)	KADLE BELE PAYASA	PAPPAD
Thursday	BATCH 1 (Class 3 to PAROTA (1 Nos)	VEG SAGU	CORRIENDER RICE	CHUTNEY	MIX KOSAMBARI	WHEAT PAYASA	FRYUMS
	BATCH 2 (Class 7 to 12) NOODLES	SAUCE					
Friday	CHAPATHI	GREEN PEAS CURRY	WHITE RICE	PEPPER RASAM	CABBAGE PORIYAL	GULAB JAMUN	PAPPAD/ CURD

❖ This menu would be followed in EPS Koorgalli.


Mathew K G
(Principal)

