

Model 1: Common Diet Plan for the Institutions up to Intermediate Level

1ST WEEK OF THE MONTH					
MON	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 + Tomoto+Sorakai) 5. Butter Milk
TUE	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. Tomoto Chutney 4. Sambar (Carrot + Tomoto+Sorakai) 5. Butter Milk
WED	1. Tamarind Pulihora with Nuvvula podi 2. Milk with Boost	Banana	i)Bagara rice + Chicken Curry/ Milmakar Kurma (For Vegetarion) 2.Curd 3. Sambar	Ginger Tea	1. Rice 2. Curry - Sorakaya 3. Sambar (Carrot + Tomoto+Sorakai) 4. Butter Milk
THUR	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 + Tomoto+Sorakai) 5. Butter Milk
FRI	1. Upma (Wheat rava) with Tomato Chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry -Chamagadda/ Kandagadda 3. Munagakku 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 + Tomoto+Sorakai) 5. Butter Milk
SAT	1. Rice pongali with Coconut Chutney 2. Milk with Boost	Banana/ Watermelon/ Sapporta	1. Rice 2. Curry - Bendakaya 4. Ghee 5. Rasam 6. Curd 7. Tomoto Boiled Egg Curry	Onion Pakoda	1. Rice 2. Curry - Dosakaya 3. Gongura with Pachimirchi Chutney 4. Sambar (Carrot + Tomoto+Sorakai) 5. Butter Milk

SUN	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 + Tomoto + Sorakai) 4. Butter Milk
2ND WEEK OF THE MONTH					
MON	1. Kichidi with Tomato Chutney 2. Ragi Java with Jaggery	Banana/ Guava	1. Rice 2. Curry - Aloo Vankaya 3. Thotakura Dal 4. Ghee 5. Rasam 6. Curd 7. Onion Egg Curry	Boiled Bobbarlu	1. Rice 2. Kakarkaya Fry 3. Vegetable Chutney - Beerakaya 4. Sambar (Carrot + Tomoto + Sorakai) 5. Butter Milk
TUE	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 + Tomoto + Sorakai) 5. Butter Milk
WED	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 tomatoto	Boiled Batani	1. Rice 2. Curry - Sorakaya 3. Vegetable chutney - Gongura with Pachamirchi 4. Sambar (Carrot + Tomoto + Sorakai) 5. Butter Milk
THU	1. Bonda/ Vada with Palli chutney 2. Ragi Java with Jaggery	Banana	1. Rice 2. Curry - Bendakaya 3. Munagakku Dal 4. Ghee 5. Rasam 6. Curd 7. Boiled Egg	Millet Biscuits	1. Rice 2. Curry - Beerakai 3. Vegetable Chutney - Dosakaya 4. Sambar (Carrot + Tomoto + Sorakai) 5. Butter Milk
FRI	1. Upma (Bombay rava) with Putnalulu 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 + Tomoto + Sorakai) 5. Butter Milk

SAT	1. Jeera Rice with Tomoto Chutney 2. Milk with Boost	Banana/ Watermelon/ Sappota	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 + Tomoto+Sorakai) 5. Butter Milk
SUN	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 + Tomoto+Sorakai) 4. Butter Milk
3RD WEEK OF THE MONTH					
MON	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 Egg Curry	Boiled Senegal	1. Rice 2. Curry - Sorakaya 3. Vegetable Chutney - Pudina 4. Sambar (Carrot + Tomoto+Sorakai) 5. Butter Milk
TUE	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 + Tomoto+Sorakai) 5. Butter Milk
WED	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 + Tomoto+Sorakai) 4. Butter Milk
THU	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 + Tomoto+Sorakai) 5. Butter Milk
FRI	1. Upma (Wheat rava) with tomatoto 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 + Tomoto+Sorakai) 5. Butter Milk

SAT	1. Rice Pongal with Coconut Chutney 2. Milk with Boost	Banana/ Watermelon/ Sapporta	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 - Dondakaya 4. Sambar (Carrot + Tomoto+Sorakai) 5. Butter Milk
SUN	Poori with Chole Masala	Banana	1. Bagara Rice 2. Mutton curry/ Mealmaker for vegetarian 3. Curd 4. Sambar	Ginger Tea	1. Rice 2. Curry - Beerakaya 3. Sambar (Carrot + Tomoto+Sorakai) 4. Butter Milk
4TH WEEK OF THE MONTH					
MON	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. Kakarkaya Fry 3. Vegetable Chutney - Pudina Kothamira 4. Sambar (Carrot + Tomoto+Sorakai) 5. Butter Milk
TUE	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 + Tomoto+Sorakai) 5. Butter Milk
WED	1. Tamarind Pulihora with Nuvvula podi 2. Ragi Java with Jaggery	Banana	1. Veg Biryani + Aloo Kurma 2. Curd 3. Boiled Egg- Tomoto Curry	Boiled Batani	1. Rice 2. Curry - Sorakaya 3. Vegetable chutney - Gongura 4. Sambar (Carrot + Tomoto+Sorakai) 5. Butter Milk
THU	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 - Tomoto 4. Sambar (Carrot + Tomoto+Sorakai) 5. Butter Milk

FRI	1. Upma (Bombay ravva) with Putnala chutny 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 + Tomoto+Sorakai) 5. Butter Milk
SAT	1. Jeera Rice with Tomoto Chutney 2. Milk with Boost	Banana/ Watermelon/ Sapporta	1. Rice 2. Curry - Carrot 3. Thota kura Dal 4. Ghee 5. Rasam 6. Curd	Egg Bajjii	1. Rice 2. Curry - Capsicum 3. Vegetable Chutney - Dosakaya 4. Sambar (Carrot + Tomoto+Sorakai) 5. Butter Milk
SUN	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 + Tomoto+Sorakai) 4. Butter Milk