







Anuraag Human Services

MENU CHART

DAY	TEA 6:00 A.M to 6:45 A.M	BREAKFAST 8:00 A.M to 8:45 A.M	LUNCH 12:30 P.M to 1:30 P.M	TEA 4:00 P.M to 5:00P.M	DINNER 7:30 P.M to 8:30 P.M
SUNDAY	Tea/Milk With Biscuits	Semiya Upma with Chatni	Veg Biryani, Veg Curry ,Rasam Egg Curry, Curd/Butter Milk	Tea/Milk With Biscuits/Snacks/Fruit	Chapathi,Rice,Rasam, Vegetable Curry, Butter Milk
MONDAY	Tea/Milk With Biscuits	Upma with Chatni	Rice,Sambar,Veg Curry, Curd/Butter Milk	Tea/Milk With Biscuits/Snacks/Fruit	Chapathi,Rice,Sambar, Veg Curry, Curry, Butter Milk
TUESDAY	Tea/Milk With Biscuits	Idli with Sambar/ Chatni	Rice,Dal with Green leafs,Veg Curry,Rasam, Curd/Butter Milk.	Tea/Milk With Biscuits/Snacks/Fruit	Chapathi,Rice,Dal,Rasam, Veg Curry, Butter Milk
WEDNESDAY	Tea/Milk With Biscuits	Upma with Chatni	Rice,Sambar With Vegetable, Vegetable Curry, Egg Curry, Curd/Butter Milk	Tea/Milk With Biscuits/Snacks/Fruit	Chapathi,Rice,Sambar,Dal, Veg Curry, Butter Milk
THURSDAY	Tea/Milk With Biscuits	Idli with Chatni/Sambar	Veg Biryani,Sambar,Veg Curry, Curd/Butter Milk	Tea/Milk With Biscuits/Snacks/Fruit	Rice,Chapathi, Veg Curry,Rasam, Butter Milk
FRIDAY	Tea/Milk With Biscuits	Upma with Chatni	Rice,Dal with Green Vegetables, Rasam, Curd/Butter Milk	Tea/Milk With Biscuits/Snacks/Fruit	Rice,Chapathi,Sambar, Veg Curry, Butter Milk
SATURDAY	Tea/Milk With Biscuits	Idli /Wada Chatni/Sambar	Rice,Sambar, Vegetable Curry, Curd/Butter Milk	Tea/Milk With Biscuits/Snacks/Fruit	Chapathi,Rice,Dal,Rasam, Veg Curry, Butter Milk

***All Festival Days: - Poori/Dosa/Wada/Pesarattu/Veg. Rice will be provided**

***All are requested Not to Waste Food and Water.**