



RIDDHI SIDDHI VRUDHASHRAM

MENU CHART

DAY & TIME	TEA 7:00 AM TO 8.00 AM	BREAKFAST 9.00 AM	LUNCH 12:30 PM TO 1.30 PM	SNACKS 4 PM	DINNER 8 PM
MONDAY	TEA	POHA	RICE/DAL/CHAPATI/1 VEG SABZI	TEA + SNACKS	VEG PULAO + CURD
TUESDAY	TEA	UPMA	RICE/DAL/CHAPATI/1 PULSES SABZI	TEA + SNACKS	DAL + RICE
WEDNESDAY	TEA	SABUDANA KHICHDI	RICE/DAL/CHAPATI/1 VEG SABZI	TEA + SNACKS	CHOLE GRAVY + RICE
THURSDAY	TEA	SHEERA	RICE/DAL/CHAPATI/1 VEG SABZI	TEA + SNACKS	CURD KADHI + RICE
FRIDAY	TEA	PARATHA/THEPLA	RICE/DAL/CHAPATI/1 PULSES SABZI	TEA + SNACKS	SOYABEAN PULAO
SATURDAY	TEA	IDLI+CHUTNEY	RICE/DAL/CHAPATI/1 VEG SABZI	TEA + SNACKS	RAJMA GRAVY + RICE
SUNDAY	TEA	DOSA / BESAN CHILLA	RICE/CHAPATI/PANEER SABZI	TEA + SNACKS	DAL KHICHADI +RAITA

VEG SABZI: Alu Sabzi, Bhindi, Gawar, Gobi, Cauliflower, Green Leafy Vegetables, Paneer, Moong, Matki, Chawli, etc as per availability.

FESTIVALS/SPECIAL OCCASIONS /BIRTHDAYS: SPECIAL MENU WILL BE PREPARED