







# Anuraag Human Services

## MENU CHART

DAY	TEA 6:00 A.M to 6:45 A.M	BREAKFAST 6:00 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.**