

SSSIE HOSTEL MENU 2022-23

DAY	EARLY MORNING	BREAKFAST	LUNCH	EVENING	DINNER
Monday	SAI PROTEIN MILK	3 IDLIS - PONGAL COCONUT CHUTNEY - SAMBAR	RICE KEERAI SAMBAR, RASAM, BUTTERMILK PORIYAL	SAI PROTEIN MILK VADAI / BAJJI / BONDA	2 CHAPPATHI KURMA RICE, RASAM, BUTTERMILK, FRYUMS
Tuesday	SAI PROTEIN MILK	2 DOSAS, SAMBAR KICHADI, KAARA CHUTNEY	DHAL POWDER / MIXED RICE RASAM - BUTTERMILK - SUBJI	SAI PROTEIN MILK TOMATO RICE VERMICELLI	ALOO PAROTA, ONION RAITHA RICE, RASAM, BUTTERMILK, PAPAD
Wednesday	SAI PROTEIN MILK	PONGAL, SAMBAR 1 VADAI	RICE, KAARA KUZHAMBU, RASAM, BUTTERMILK, SUBJI	SAI PROTEIN MILK FRUIT SALAD	2 CHAPPATHI - KURMA RICE, RASAM, BUTTERMILK, FRYUMS
Thursday	SAI PROTEIN MILK	3 IDLY, GROUNDNUT CHUTNEY / WHEAT RAVA UPMA, SUGAR	TOMATO RICE / LEMON RICE RASAM, SUBJI - BUTTERMILK	SAI PROTEIN MILK KESARI / SWEET PONGAL	2 CHAPPATHI - DHAL RICE, RASAM, BUTTERMILK, PAPAD
Friday	SAI PROTEIN MILK	2 VARIETY DOSAS - KICHADI TOMATO CHUTNEY, COCONUT CHUTNEY	RICE - SAMBAR - SUBJI	SAI PROTEIN MILK MACRONI / NOODLES	2 PAROTTA - CHANA RICE - RASAM - BUTTERMILK
Saturday	SAI PROTEIN MILK	3 IDLIS ,PODI - SEMIYA COCONUT CHUTNEY	VEG PULAV - SAUCE, RICE - RASAM - SABJI - BUTTERMILK	SAI PROTEIN MILK BREAD / CHILLY BREAD	VEG FRIED RICE, SAUCE, RICE, RASAM BUTTERMILK - PAPAD
Sunday	SAI PROTEIN MILK	3 POORI, ALOO - RAVA UPMA, SUGAR	VEG BIRIYANI - ONION RAITHA RASAM - BUTTERMILK - PAPAD	SAI PROTEIN MILK CHANA GRAVY	NAAN 2 - POTATO GRAVY / VEG RICE, PANEER BUTTER MASALA, RASAM, BUTTERMILK, PAPAD

SAI PROTEIN MIX - INGREDIENTS

INGREDIENT	KG	INGREDIENT	KG
SAGO	1.25	MOONG DAL FULL	1.25
BADAM	0.6	WHEAT	1.25
CASHEW	0.6	SOYA BEANS	1.25
ELAICHI	0.05	IDLI RICE	1.25
GRAM DHAL	1.25	BARLEY RICE	1.25
PEARL MILLET	1.25	CORN	1.25
RED RICE	1.25	WHITE MILLET	1.25
RAGI	1.25		