

THE INSTITUTE OF MATHEMATICAL SCIENCES, CHENNAI
GUEST HOUSE CANTEN
WEEKLY MENU (Oct 5 - Oct 11, 2015)

DATE	5-Oct-15	6-Oct-15	7-Oct-15	8-Oct-15	9-Oct-15	10-Oct-15	11-Oct-15
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST SERVICE TIMINGS : 7:30 AM to 9:30 AM							
MAIN DISH	ONION UTHAPPAM	SAMBA RAWA UPMA	2 IDLI 1 WADA	POHA	PONGAL	VEG NOODLES	SEMIYA UPMA
ACCOMPANIMENT	CHUTNEY & SAMBAR	CHUTNEY	CHUTNEY & SAMBAR	CHUTNEY	CHUTNEY & SAMBAR	TOMATO KETCHUP	CHUTNEY
BREADS	BREAD BUTTER JAM	BREAD BUTTER JAM	BREAD BUTTER JAM	BREAD BUTTER JAM	BREAD BUTTER JAM	BREAD BUTTER JAM	BREAD BUTTER JAM
EGG 1 :	BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG
EGG 2 :	OMELETTE	OMELETTE	OMELETTE	OMELETTE	OMELETTE	OMELETTE	OMELETTE
CEREALS	CORN FLAKES WITH HOTMILK & COLD MILK	CORN FLAKES WITH HOTMILK & COLD MILK	CORN FLAKES WITH HOTMILK & COLD MILK	CORN FLAKES WITH HOTMILK & COLD MILK	CORN FLAKES WITH HOTMILK & COLD MILK	CORN FLAKES WITH HOTMILK & COLD MILK	CORN FLAKES WITH HOTMILK & COLD MILK
FRUIT	BANANA	BANANA	BANANA	BANANA	BANANA	BANANA	BANANA
JUICE	PACKED JUICE	PACKED JUICE	PACKED JUICE	PACKED JUICE	PACKED JUICE	PACKED JUICE	PACKED JUICE
LUNCH SERVICE TIMINGS : 12:45 PM to 2:00 PM							
RICE SET { RICE + VEGETABLE+ DAL / SAMBAR }	KEERAI PORIAL	VANGI MOCHAI	VENDAKKAI PORIAL	GOBI 65'	BEANS PARUPPU USILI	BETROOT PORIAL	KARAMANI PORIAL
	SAMBAR	SAMBAR	SAMBAR	SAMBAR	SAMBAR	SAMBAR	SAMBAR
	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE
CURD RICE	CURD RICE	CURD RICE	CURD RICE	CURD RICE	CURD RICE	RASAM	RASAM
BUTTERMILK / JUICES	BUTTER MILK	BUTTER MILK	BUTTER MILK	BUTTER MILK	BUTTER MILK		
FRUITS	BANANA	MIX FRUIT	BANANA	PAPAYA CUTS	BANANA		
CURD	CURD	CURD	CURD	CURD	CURD	CURD	CURD
SALAD / SWEET	SPROUTED SALAD	TOSSED SALAD	PARUPPU PAYASAM	SALAD	SEMIYA KESARI	*****	PHIRNEE
PULKA / PARATHAS	PULKA	PULKA	PULKA	PULKA	POORI	MALABAR ADAI	PULKA
SIDE DISH	GREEN PEAS MASALA	PANEER MUTTER	RAJMA MASALA	MIX VEG JHALFRAIZE	CHOLE	AVIAL	YAM CURRY
LUNCH TIFFIN ITEM	SEMIYA UPMA	COCONUT RICE	IDLI	PONGAL	BISI BELA BHATH	NO SERVICE	NO SERVICE
	CHUTNEY	PAPAD	CHUTNEY & SAMBAR	CHUTNEY & SAMBAR	APPALAM		
NON-VEG	MUTTON CURRY	NO SERVICE	FISH CURRY	EGG CURRY	CHICKEN CHETTINAD	NO SERVICE	FISH FRY (ROGU)
EVENING SNACKS SERVICE TIMINGS : 04:30 PM to 6:00 PM							
	VALAKKAI BHAJJI	SAMOSA	MINI IDLY WITH SAMBAR	SUNDAL	VALAIPOO WADA	NO SERVICE	NO SERVICE
DINNER SERVICE TIMINGS : 07:30 PM to 9:00 PM							
RICE SET { RICE + VEGETABLE+ DAL / SAMBAR }	GOBI 65'	BEANS PARUPPU USILI	BETROOT PORIAL	KARAMANI PORIAL	KEERAI PORIAL	VANGI MOCHAI	VENDAKKAI PORIAL
	SAMBAR	SAMBAR	SAMBAR	SAMBAR	SAMBAR	SAMBAR	SAMBAR
	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE
PULKA	PULKA	POORI	MALABAR ADAI	PULKA	PULKA	COCONUT RICE	PULKA
SIDE DISH	MIX VEG JHALFRAIZE	CHOLE	AVIAL	GREEN PEAS MASALA	YAM CURRY	PAPAD	RAJMA MASALA
RASAM	RASAM	RASAM	RASAM	RASAM	RASAM	RASAM	RASAM
CURD	CURD	CURD	CURD	CURD	CURD	CURD	CURD
SALAD / SWEET	SPROUTED SALAD	SEMIYA KESARI	TOSSED SALAD	PHIRNEE	CUCHUMBER SALAD	PARUPPU PAYASAM	NO SERVICE
FRUITS / JUICES	PAPAYA CUTS	BANANA	MIX FRUIT CUT	BANANA	PANCHAMIRTHAM	BANANA	MIX FRUIT CUT
NON-VEG	NO SERVICE	CHICKEN CHETTINAD	NO SERVICE	MUTTON CURRY	NO SERVICE	FISH CURRY	NO SERVICE

NOTE : MENU ANNOUNCED ABOVE IS SUBJECT TO CHANGE ON UNAVOIDABLE CIRCUMSTANCES