

# SSSIE HOSTEL MENU 2024-25

DAY	EARLY MORNING	BREAKFAST	LUNCH	EVENING	DINNER
Monday	SAI PROTEIN MILK	3 IDLIS - PONGAL COCONUT CHUTNEY - SAMBAR	RICE KEERAI SAMBAR, RASAM, BUTTERMILK PORIYAL	MILK VADAI / BAJJI / BONDA	3/2 CHAPPATHI KURMA RICE, RASAM, BUTTERMILK, FRYUMS
Tuesday	SAI PROTEIN MILK	2 DOSAS, SAMBAR KICHADI, KAARA CHUTNEY	DHAL POWDER / MIXED RICE RASAM - BUTTERMILK - SUBJI	BADHAM MILK TOMATO RICE VERMICELLI	FRIED RICE, SAUSE RICE, RASAM, BUTTERMILK, PAPAD
Wednesday	SAI PROTEIN MILK	PONGAL, SAMBAR 1 VADAI	RICE, KAARA KUZHAMBU, RASAM, BUTTERMILK, SUBJI	MILK CHANA GRAVY	3/2 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 KESARI / SWEET PONGAL	SUKKU MILK CHILLEY IDLY / IDLY UPMA	3/2 CHAPPATHI - DHAL RICE, RASAM, BUTTERMILK, PAPAD
Friday	SAI PROTEIN MILK	2 VARIETY DOSAS - KICHADI TOMATO CHUTNEY, COCONUT CHUTNEY	RICE - SAMBAR - SUBJI	LEMON JUICE GROUND NUT MASALA	2 PAROTTA - CHANA RICE - RASAM - BUTTERMILK
Saturday	SAI PROTEIN MILK	3 IDLIS ,PODI - SEMIYA COCONUT CHUTNEY	VEG PULAV - SAUCE, RICE - RASAM - SABJI - BUTTERMILK	MILK SANDWICH / CHILLY BREAD	NOODLES, SAUCE, RICE, RASAM BUTTERMILK - PAPAD
Sunday	SAI PROTEIN MILK	3 POORI, ALOO (OR) VARIETY DOSA RAVA UPMA, SUGAR	VEG BIRIYANI - ONION RAITHA RASAM - BUTTERMILK - PAPAD	MILK MAGGIE / MACRONI	NAAN 2 - PANEER BUTTER MASALA, (OR) DHAL PAPPAD 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	GROUND NUT	1.25