



For Patient Food Menu: **2400**

**Patient food menu - 7 days  
Starting from Monday - Sunday**



# Inpatient Normal Diet Menu (IPD)

## Monday

### Early Morning Bed (Tea/ Coffee/ Milk)

#### Breakfast

Choose any one

##### Sweet Pancakes

Served with Maple Syrup or Chocolate Sauce (Same will be provide with sugar free for Diabetic Guest)

(kcal)

(OR)

##### Steamed Idly & Green Capsicum Podi Dosai

Served with Sambar, Chutney

(kcal)

(OR)

##### Bread Basket with Cereal

Slices of White, Brown or Sweet bread Served with natural preserves and butter spread, bowl of cereals with hot or cold milk, cut fruits (or) Veg Salad Tea/Coffee

(kcal)

(OR)

##### Soup

Veg Sweet Corn Soup

(kcal)

#### Lunch

Choose any one

##### Asian

Golden Fried Garlic Tossed Veg Fried Rice & Crispy Hot Garlic Cottage Cheese

(kcal)

(OR)

##### South Indian - Veg

Kadamba Sambar, Karu Milagu rasam, National Poriyal, Pudalangai Kootu, Steamed Rice, Black Eye Bean Chaat

(kcal)

(OR)

##### Non - Vegetarian

Kadamba Sambar, Karu Milagu Rasam , National Porriyal, Pudalangai kootu, Madras Fish Curry, Steamed Rice, Black Eye Bean Chaat

(kcal)

Variety Rice: Poondu Sadam

**Indian Veg**

Dal Tadkewali, Turai Ki Subzi, National Poriyal, Basmati Rice

(OR)

(kcal)

**Indian Non Veg**

Dal Tadkewali, Turai Ki Subzi, Murgh Methi, Basmati Rice  
Pulao of the day: Jeera Pulao

(OR)

(kcal)

**Light Option**

Masoor Dal Khichidi, Served with plain curd and National Poriyal

(kcal)

**Evening Snack**

Tea / Coffee with Mix Bean Croquettes / Thalicha Vellai Kadalai

**Dinner**

Choose any one

**Western Choice**

Grill Fish with Saute Vegetables & Lemon Buter Sauce

(OR)

(kcal)

**South Indian - Veg**

Onion Uthappam, Subzi Panchmel, Served with Sambar, chutney

(OR)

(kcal)

**Non - Veg**

Onion Uthappam / Coconut Stew, Namakal Kozhi kozhambu, Served with Sambar, Chutney

(OR)

(kcal)

**Indian - Veg**

Tawa Lacha Paratha, Dal Hundi, Subzi Panchmel

(OR)

(kcal)

**Indian - Non Veg**

Tawa Lacha Paratha, Dal Hundi, Kasundi Fish Curry

(OR)

(kcal)

**Light Option**

Idiyappam, with Coconut Stew, Served with Subzi Panchmel

(kcal)

**Dessert**

Varutha Rumaniya Semiya Payasam

(kcal)

**Mid Night**

Milk

# Inpatient Normal Diet Menu (IPD)

## Tuesday

### Early Morning Bed (Tea/ Coffee/ Milk)

#### Breakfast

Choose any one

##### Classic French Toast

Served with Maple Syrup or Chocolate Sauce & Sugar Dust (Same will be provide with sugar free for Diabetic Guest)

(kcal)

(OR)

##### Veg Rava Bath & Vendaya Dosai

Served with Sambar, Chutney

(kcal)

(OR)

##### Bread Basket with Cereals

Slices of White, Brown or Sweet bread, Served with natural preserves and butter spread, bowl of cereals with hot or cold milk, Cut Fruits (or) Veg Salad, Tea/Coffee

(kcal)

(OR)

##### Soup

Mexican Vegetable Hot Pot Soup

(kcal)

#### Lunch

Choose any one

##### Asian

Asian Style Veg Fried Rice & Schezwan Cauliflower

(kcal)

(OR)

##### South Indian - Veg

Murungai Sambar, Thakali Rasam, Valathandu kootu, Kovakai Thooran, Steamed Rice, Mix Bean Sprouts Salad

(kcal)

(OR)

##### Non - Vegetarian

Murungaikai Sambar, Thakali Rasam, kovakkai Thooran, Chettinad Meen Kulambu, Steamed Rice, Two Bean Sprouts Salad

(kcal)

Variety Rice: Tamarind Rice

**Indian Veg**

Dal Palak, Kaddu Malai Subzi, Kadai Paneer, Basmati Rice

(OR)

(kcal)

**Indian Non Veg**

Dal Palak, Murgh Tikka Masala, Kaddu Malai Subzi, Basmati Rice  
Pulao of the day: Subzi Pulao

(OR)

(kcal)

**Light Option**

Dal Do Rangi and Subzi Oat Plain Khichdi, Served with Plain Curd & kovakkai Thooran

(kcal)

**Evening Snack**

Tea / Coffee with Paneer Mutter Burji  
Samosa / Thalicha Pacha Payaru

**Dinner**

Choose any one

**Western Choice**

Penne in Pink Sauce with Corn & Olives  
Garlic Bread

(OR)

(kcal)

**South Indian - Veg**

Idly / Kerala Style Veg Kuruma  
Served with Sambar, Chutney

(OR)

(kcal)

**Non - Vegetarian**

Idly / Home Style Fish Curry  
Served with Sambar, Chutney

(OR)

(kcal)

**Indian - Veg**

Lachha Methi Paratha, Dal Panchammal,  
Vegetable Chettinad

(OR)

(kcal)

**Indian - Non Veg**

Lachha Methi Paratha, Dal Panchamal,  
Murgh Do Pyaaz

(OR)

(kcal)

**Light Option**

Subz aur Dal Ki Geeli Tehri, Served with  
Plain Curd

(kcal)

**Dessert**

Sooji Tutty Fruity Halwa

(kcal)

**Mid Night**

Milk

# Inpatient Normal Diet Menu (IPD)

## Wednesday

### Early Morning Bed (Tea/ Coffee/ Milk)

#### Breakfast

Choose any one

##### Banana Pancake

Served with Maple Syrup or Chocolate Sauce & Sugar Dust (Same will be provide with sugar free for Diabetic Guest)

(kcal)

(OR)

##### Samba Rava Kai Kari Upma & Onion Podi Uthappam

Served with Sambar, Chutney

(kcal)

(OR)

##### Bread Basket with Cereal

Slices of White, Brown or Sweet bread, Served with natural preserves and butter spread, Bowl of cereals with hot or cold milk, Cut Fruits (or) Veg Salad, Tea/Coffee

(kcal)

(OR)

##### Soup

V8 Soup (Semi Thick)

(kcal)

#### Lunch

Choose any one

##### Western

Penne Alferedo Sauce with Garlic Baguette Bread, Olives and Cheese

(kcal)

(OR)

##### South Indian - Veg

Chinna Vengaya Sambar, Malli Rasam, Chow Chow Poricha Kootu, Beans Kollu Poriyal, Steamed Rice, Tossed Greek Salad

(kcal)

(OR)

##### Non - Vegetarian

Chinna Vengaya Sambar, Malli Rasam, Chow Chow Poricha Kootu, Beans Kollu Poriyal, Manga Meen Kulambu, Steamed Rice, Tossed Greek Salad

(kcal)

Variety Rice: Elumichai Sadam

**Indian Veg**

Amritsari Chole, Dum Ka Paneer, Milli Juli Subzi, Basmati Rice

(kcal)

(OR)

**Indian Non Veg**

Amritsari Chole, Milli Juli Subzi, Murgir Jhol, Basmathi Rice, Pulao of the day: Veg Biryani

(kcal)

(OR)

**Light Option**

Hara Moong Dal Kitchidi, Served Plain Curd and Beans Kollu Poriyal

(kcal)

**Evening Snack**

Tea / Coffee with Manga Carrot Vellai Patani Sundal

**Dinner**

Choose any one

Mix Veg Hakka Noodles with Stir Fried Vegetables

(kcal)

(OR)

**South Indian - Veg**

Masala Uthappam, Subzi Ka Chukka, Served with Sambar, Chutney

(kcal)

(OR)

**Non - Vegetarian**

Masala Uthappam / Karikudi Kuruma, Kozhi Milagu Masala, Served with Sambar, Chutney

(kcal)

(OR)

**Indian - Veg**

Kalonji Paratha, Dal Bhukara, Subzi Ka Chukka

(kcal)

(OR)

**Indian - Non Veg**

Ajwaini Paratha, Dal Bhukara, Mughali Fish Curry

(kcal)

(OR)

**Light Option**

Daliya Subzi Khichdi, Served with Plain Curd and Subzi Ka Chukka

(kcal)

**Dessert**

Exotic Seasonal Fruit Custard

(kcal)

**Mid Night**

Milk

# Inpatient Normal Diet Menu (IPD)

## Thursday

### Early Morning Bed (Tea/ Coffee/ Milk)

#### Breakfast

Choose any one

**Cinnamon Flavoured French toast,**  
Served with Maple Syrup or Chocolate  
Sauce & Sugar Dust (Same will be  
provide with sugar free for Diabetic  
Guest)

(kcal)

(OR)

**Masala Sevai & Podi Idly**  
Served with Sambar, Chutney

(kcal)

(OR)

**Bread Basket with Cereal**  
Slices of White, Brown or Sweet bread,  
Served with natural preserves and  
butter spread, bowl of cereals with hot  
or cold milk, Cut Fruits (or) Veg Salad,  
Tea/Coffee

(kcal)

(OR)

**Soup**  
Healthy Mediterenean Lentil Soup

(kcal)

#### Lunch

Choose any one

**Asian**  
Asian Curry Bowl (Scallion Rice / Stir  
Fried Asian Veg)

(kcal)

(OR)

**South Indian - Veg**  
Udupi Sambar, Paruppu Rasam, Avarakai  
Poriyal, Mix Veg Kootu, Steamed Rice,  
Chick Pea & English Cucumber Salad

(kcal)

(OR)

**Non - Vegetarian**  
Udupi Sambar, Paruppu Rasam, Avarakai  
Poriyal, Goan Fish Curry, Steamed Rice,  
Chick Pea & English Cucumber Salad

(kcal)

**Variety Rice:** Manga Sadam



### Indian Veg

Masoor Dal Tadka, Avarakkai Poriyal, Subzi Kofta Curry, Basmati Rice

(kcal)

(OR)

### Indian Non Veg

Masoor Dal Tadka, Dhaba Style Chcken Curry, Subzi Kofta Curry, Basmati Rice, Pulao of the day: Phudhina Pulao

(kcal)

(OR)

### Light Option

Toor Dal Khichdi, Served with Plain Curd Avarakkai Poriyal

(kcal)

### Evening Snack

Tea / Coffee with Kai Kari Bonda/ Thalicha Kollu

## Dinner

Choose any one

Grilled Cottage Cheese Steak with Olive Tepande

(kcal)

(OR)

### South Indian - Veg

Vendaya Dosa, Dondakaya Vepudu, Served with Sambar, Chutney

(kcal)

(OR)

### Non - Vegetarian

Vendaya Dosa / Vegetable Kuruma, Thenga Pal Meen Kulambu, Served with Sambar, Chutney

(kcal)

(OR)

### Indian - Veg

Pyaz Tawa Paratha, Dondakaya Vepudu, Dhaba Dal Tadka

(kcal)

(OR)

### Indian - Non Veg

Pyaz Tawa Paratha, Murgh Hundi Lazeez, Dhaba Dal Tadka

(kcal)

(OR)

### Light Option

Western style Oats Khichdi, Served with Plain Curd and Dondakaya Vepudu

(kcal)

### Dessert

Cardamom Flavour Jaggery Lapshi

(kcal)

### Mid Night

Milk

# Inpatient Normal Diet Menu (IPD)

## Friday

### Early Morning Bed (Tea/ Coffee/ Milk)

#### Breakfast

Choose any one

##### Wheat Base Pancake

Served with Maple Syrup or Chocolate Sauce & Sugar Dust, (Same will be provide with sugar free for Diabetic Guest)

(kcal)

(OR)

##### Thalicha Ven Pongal & Steamed Idly

Served with Sambar, Chutney

(kcal)

(OR)

##### Bread Basket with Cereal

Slices of White, Brown or Sweet Bread, Served with natural preserves and butter spread, bowl of Cereals with hot or cold Milk, cut Fruits (or) Veg Salad, Tea/Coffee

(kcal)

(OR)

##### Soup

Veg Talumein Soup

(kcal)

#### Lunch

Choose any one

##### Western

Grilled Polenta Steak with Herb Rice & Arabiatta Sauce

(kcal)

(OR)

##### South Indian - Veg

Kathrikai Manga Sambar, Poondu Rasam Beans Usili Poriyal, Seeru Keera Kootu / Sorakkai Kootu, Steamed Rice Lentil Kosambari Salad

(kcal)

(OR)

##### Non - Vegetarian

Kathrikai Manga Sambar, Poondu Rasam, Kozhi Varutha Curry, Beans Karamani Poriyal, Steamed Rice, Lentil Kosambari Salad

(kcal)

Variety Rice: Coconut Rice

**Indian Veg**

Cholar Dal, Kasundi Paneer, Kadai Subzi  
Basmati rice

(kcal)

(OR)

**Indian Non Veg**

Cholar Dal, Indian Home Style Fish  
Curry, Kadai Subzi, Basmati Rice  
Pulao of the Day: Moti Channa Pulao

(kcal)

(OR)

**Light Option**

Oats Khichdi, Served with Usili Beans

(kcal)

**Evening Snack**

Tea / Coffee with Oats & Veg Cutlet /  
Thalicha Pachai Patani

**Dinner**

Choose any one

Wok Tossed Veg Noodles with  
Vegetable in Black Bean Sauce

(kcal)

(OR)

**South Indian - Veg**

Kal Dosa, Aloo Mutter, Served with  
Sambar, Chutney

(kcal)

(OR)

**Non - Vegetarian**

Kal Dosa / Nilgiri Kuruma, Malabar Fish  
Curry, Served with Sambar, Chutney

(kcal)

(OR)

**Indian - Veg**

Ghee Phulka, Aloo Mutter (or)  
Jain Subzi, Lassooni Massor Dal Tadka

(kcal)

(OR)

**Indian - Non Veg**

Ghee Pulka, Dimer Jhol, Dal Do Rangi

(kcal)

(OR)

**Light Option**

Daliya Veg Khichdi, Aloo Mutter

(kcal)

**Dessert**

Pachai Paruppu Javarusi Payasam  
(Jaggery Base)

(kcal)

**Mid Night**

Milk

# Inpatient Normal Diet Menu (IPD)

## Saturday

### Early Morning Bed (Tea/ Coffee/ Milk)

#### Breakfast

Choose any one

##### Vanila Flavoured Banana Pancake

Served with Chocolate Sauce or Maple Syrup & Sugar Dust (Same will be provide with sugar free for Diabetic Guest)

(kcal)

(OR)

##### Upittu & Green Capsicum Uthappam

Served with Sambar, Chutney

(kcal)

(OR)

##### Bread Basket with Cereal

Slices of White, Brown or Sweet Bread Served with natural preserves and butter spread, bowl of Cereals with hot or cold Milk, Cut Fruits, Tea/Coffee

(kcal)

(OR)

##### Soup

Oven Roasted Tomato Soup

(kcal)

#### Lunch

Choose any one

##### Asian

Paneer Fried Rice with Mongolian Chicken

(kcal)

(OR)

##### South Indian - Veg

Poosani Sambar, Thalicha Rasam, Bendakaya Vepudu, Pavakai Paruppu Kootu, Steamed Rice, Boiled Peanut Salad

(kcal)

(OR)

##### Non - Vegetarian

Poosani Sambar, Thalicha Rasam, Kozhi Milagu Curry, Bendakaya Vepudu, Steamed Rice, Boiled Peanut Salad

(kcal)

Variety Rice : Malli sadam

**Indian Veg**

Lasooni & Adraki Dal Tadka, Bhindi Masala, Lauki Mutter Subzi, Basmati

(OR)

(kcal)

**Indian Non Veg**

Lasooni & Adraki Dal Tadkha, Amristari Fish Curry, Lauki Mutter Subzi, Basmati Pulao of the day: Hara Mutter Pulao

(OR)

(kcal)

**Light Option**

Hara Moong Dal Ki Khichdi, Lauki Mutter Subzi

(kcal)

**Evening Snack**

Tea / Coffee with Thavalai Vada / Thalicha Karamani

**Dinner**

Choose any one

Baked Pasta with Garlic Baguette

(OR)

(kcal)

**South Indian - Veg**

Masala Podi Dosai, Pudalangai Masala, Served with Sambhar, Chutney

(OR)

(kcal)

**Non - Vegetarian**

Onion dosa/ Kai Kari Salan, Karikudi Meen Kulambu, Served with Sambhar, Chutney

(OR)

(kcal)

**Indian - Veg**

Phudina Lachha Paratha, Hara Moong Dal Tadka, Pudalangai Masala

(OR)

(kcal)

**Indian - Non Veg**

Phudina Lachha Paratha, Mughalai Chicken Curry, Hara Moong Dal Tadka

(OR)

(kcal)

**Light Option**

Sambhar Sadam, Pudalangai Masala

(kcal)

**Dessert**

Flat Rice Kheer

(kcal)

**Mid Night**

Milk

# Inpatient Normal Diet Menu (IPD)

## Sunday

### Early Morning Bed (Tea/ Coffee/ Milk)

#### Breakfast

Choose any one

##### Butter Pancake

Served with Maple syrup or Chocolate Sauce & Sugar Dust (Same will be provide with sugar free for Diabetic Guest)

(kcal)

(OR)

##### Ghee Ven Pongal & Sprouts Steamed Idly,

served with Sambhar & Chutney

(kcal)

(OR)

##### Bread Basket with Cereal

Slices of White, Brown or Sweet bread, Served with natural preserves and butter spread, Bowl of Cereals with hot or cold Milk, Cut Fruits (or) Veg Salad, Tea/Coffee

(kcal)

(OR)

##### Soup

Spinach & Veg Soup (Thick Soup)

(kcal)

#### Lunch

Choose any one

##### Western

Baked Chicken and Roasted Vegetable

(kcal)

(OR)

##### South Indian - Veg

Kudai Milagai Sambar, Jeeraga Rasam, Cabbage Kootu / Vellari Kootu, Ridge Gaurd Poriyal, Steamed Rice, Seasonal Indian Green Salad

(kcal)

(OR)

##### Non - Vegetarian

Kudai Milagi Sambar, Jeeraga Rasam, Ridge Gaurd Poriyal, Andhra Fish Curry, Steamed Rice, Seasonal Indian Green Salad

(kcal)

Variety Rice: Thalicha Thakali Sadam

**Indian Veg**

Kala Channa Masala, Subzi Jalferzi,  
Paneer Malai Kofta, Basmati Rice

(kcal)

(OR)

**Indian Non Veg**

Kala Channa Dal, Dum Ka Murgh, Subzi  
Jalferzi, Basmati Rice

(kcal)

Pualo of the day: Tadke Wali Ghee  
Chawal

(OR)

**Light Option**

Poha Khichdi, Subzi Jalferzi

(kcal)

**Evening Snack**

Tea / Coffee with Dal Kachoori &  
Thalicha Karuppu Konda Kadalai

(kcal)

**Dinner**

Choose any one

Pan Seared Fish with Butter Tossed Veg

(kcal)

(OR)

**South Indian - Veg**

Idiyappam/ Vellai Kuruma, Pacha Patani  
Kurma, Chutney

(kcal)

(OR)

**Non - Vegetarian**

Idiyappam, Meen Moilee, Chutney

(kcal)

(OR)

**Indian - Veg**

Atta Tawa Paratta, Aloo Capsicum Dry &  
Pacha Patani Kurma, Dal Makhini

(kcal)

(OR)

**Indian - Non Veg**

Atta Tawa Paratta, Kadai Murgh,  
Dal Makhini

(kcal)

(OR)

**Light Option**

Rice and Dal Khichdi, Paneer Kurchan

(kcal)

**Dessert**

Passi Paruppu Payasam (Jaggery Base)

(kcal)

**Mid Night**

Milk