

Gurukul Hostel Menu 2025-2026

DAYS	BREAKFAST	LUNCH	SNACKS/ TEATIME	DINNER
MONDAY	Tea, Dosa, Chammani	Rice, Fish curry, Moru curry, Thoran	Tea , Onion vada	Chapati, Chicken Curry, Pickle
TUESDAY	Tea, Idiyappam, Kadala Curry/Green peas	Rice, Chicken curry, Sambar, Thoran, Pickle	Tea , Banana fry	Rice, Fish curry, Moru curry, Thoran
WEDNESDAY	Tea, Puttu, Kadala curry/Banana	Chapati, Chicken curry	Tea , Samosa	Fried rice, Chicken Curry, Pickle, Pappa dam
THURSDAY	Tea, Appam, Green peas curry	Rice, Chicken curry, Moru curry, Thoran	Tea , Parippu vada	Rice, Fish curry, Moru curry, Thoran, Pickle
FRIDAY	Tea, Idili, Sambar	Rice, Avial, Sambar/ Erisseri, Moru curry, Egg omelette	Tea , Uzhunnu vada	Chapati, Soya bean, Pickle
SATURDAY	Tea, Dosa, Chammani	Rice, Fish curry, Moru curry, Thoran, Pickle	Tea , Kappa , Chammani	Rice, Chicken, Moru curry, Thoran, Pickle
SUNDAY	Tea, Bread with jam/butter	Chicken biriyani, Salad, Pickle, Pappadam	Tea , Banana fry	Rice, Fish fry, Moru curry, Thoran, Pickle
			Alternate Saturdays Kanji and payar	
	Monthly feast with unlimited food and drinks – if combined stars exceeds 'x'			
	Monthly once snacks @ 4' o clock – if combined stars exceeds 'y'			
	Monthly once surprise evening snacks – if combined stars 'z'			