

MDM MENU

Zone - 1

(Srikakulam, ParvathipuramManyam, Vizianagaram, Visakhapatnam, ASR, Anakapalli)

S.No	Day	Menu
1	Monday	White Rice, Akukura pappu Boiled Egg Chikki
2	Tuesday	White Rice, Egg Curry Rasam Ragi Java
3	Wednesday	Veg Palav, Aloo Kurma Boiled Egg Chikki
4	Thursday	White Rice, Sambar, Egg Curry Ragi Java
5	Friday	Tamarind Rice Chutney (Gongura/Vegetables) Boiled Egg Chikki
6	Saturday	White Rice Vegetable Curry Rasam Sweet Pongal Ragi Java

MDM MENU

Zone - 2

(Kakinada, EastGodavari, Konaseema, Eluru, West Godavari, Krishna, NTR)

S.No	Day	Menu
1	Monday	White Rice, Veg/Green Leafy Dal, Fried Egg, Chikki
2	Tuesday	Tamarind/Lemon Rice, Boiled Egg, Chutney, Ragijava
3	Wednesday	White Rice, Mixed Vegetable curry, Fried Egg, Chikki
4	Thursday	Vegetable Rice/Pulav, Aloo Kurma, Boiled Egg, Ragijava
5	Friday	White Rice, Dal with green leaves, Fried Egg, Chikki
6	Saturday	White Rice, Mix Vegetable Curry, Sweet Pongal, Ragijava

MDM MENU

Zone - 3

(Guntur, Palnadu, Bapatla, Prakasam, SPSR Nellore)

S I. No	Day	Menu
1	Monday	White Rice, Sambar with Vegetables, Egg Fry, Chikki
2	Tuesday	Tamarind/Lemon Rice, Chutney with Tomato/Pudina, Fried Egg, Ragijava
3	Wednesday	White Rice, Mixed Vegetable Curry (minimum 4 vegetables), Egg Fry, Chikki
4	Thursday	Vegetable Rice /Pulav, Aloo Khurma Boiled Egg, Ragijava
5	Friday	White Rice, Egg Curry Chikki
6	Saturday	White Rice, Tomato Pappu/ Pappucharu, Sweet Pongal Ragijava

MDM MENU

Zone - 4

(Tirupathi, Chittoor, Annamayya, YSR Kadapa, Sri Satya Sai,
Ananatapuram, Kurnool, Nandyala)

Sl. No.	Day	Menu
1	Monday	White Rice, Vegetable Curry Egg, Chikki
2	Tuesday	Pulagam/Lemon rice/Tamarind Rice, Ground Nut Chutney Egg with Salt+ Karam, Ragi Java
3	Wednesday	White Rice, Vegetable Sambar, Egg, Chikki
4	Thursday	Vegetable Rice, Egg Curry, Ragijava
5	Friday	White Rice, Leafy Dal, Boiled Egg, Chikki
6	Saturday	White Rice, Kandipappu Charu, Bellam Pongali with minimum Bellam, Ragijava