

BREAKFAST / DINNER MENU PLANNER

IDLI / DOSA / OOTHAPAM / PANIYARAM / ADAI	
1	<u>Dosa Maavu Paniyaram</u>
2	<u>Wheat Dosa</u>
3	<u>Ragi Dosa</u>
4	<u>Ragi Idli</u>
5	<u>Murungai Keerai Oothappam</u>
6	<u>Onion Podi Uthappam</u>
7	<u>Onion Oothappam</u>
8	<u>Rava Idli</u>
9	<u>Adai Dosa</u>
10	<u>Idli Dosa Batter</u>
11	<u>Muttai Paniyaram</u>
12	<u>Oats Dosa</u>
13	<u>Tomato Dosa</u>
14	<u>Pesarattu</u>
15	<u>Gobi Masala Dosa</u>
16	<u>Rava Idli</u>
17	<u>Oats Idli</u>
18	<u>Tava Idli</u>
19	<u>Millet Flour Dosa</u>
20	<u>Kambu Dosa</u>
21	<u>Instant ragi dosa</u>
22	<u>Adai</u>
23	<u>Thinai Varagu Adai</u>
24	<u>Ragi Adai</u>
25	<u>Masala Idli</u>
26	<u>Sambar Idli</u>
27	<u>Oats Adai</u>
28	<u>Ragi Drumstick Leaves Adai</u>
29	<u>Milagu Adai</u>
30	<u>Podi Idli</u>

CHUTNEY RECIPES / SIDEDISH FOR IDLI DOSA	
1	<u>Carrot Chutney</u>
2	<u>Beetroot Chutney</u>
3	<u>Vara Milagai Chutney</u>
4	<u>Onion Thokku</u>
5	<u>Radish Chutney</u>
6	<u>Besan Chutney</u>
7	<u>Channa Dal Chutney</u>
8	<u>Poondur Chutney</u>
9	<u>Kadamba Chutney</u>
10	<u>Saravana Bhavan Kara Chutney</u>
11	<u>Curry Leaves Chutney</u>
12	<u>Pudina Chutney</u>
13	<u>Onion Chutney</u>
14	<u>Garlic Chutney</u>
15	<u>Capsicum Chutney</u>
16	<u>Peanut Chutney</u>
17	<u>Ginger Chutney</u>
18	<u>Red Coconut Chutney</u>
19	<u>Onion Tomato Chutney</u>
20	<u>Tomato Chutney</u>
21	<u>Tomato Kurma</u>
22	<u>Milagai Chutney</u>
23	<u>Chilli Garlic Chutney</u>
24	<u>Tamarind Chutney</u>
25	<u>Spicy Garlic Chutney</u>
26	<u>Idli Milagai Podi Chutney Powder</u>
27	<u>Idli Milagai Podi</u>
28	<u>Poondur Dhaniya Podi</u>
29	<u>MTR Style Idli Milagai Podi</u>
30	<u>Tiffin Sambar</u>

CHAPATHI / ROTI / PARATHA	
1	<u>Ragi Poori</u>
2	<u>Spring Onion Paratha</u>
3	<u>Ragi Roti</u>
4	<u>Broccoli Paratha</u>
5	<u>Soya Keema Paratha</u>
6	<u>Poori Masala</u>
7	<u>Masala Chapathi</u>
8	<u>Carrot Peas Paratha</u>
9	<u>Aloo Paratha</u>
10	<u>Vegetable Paratha</u>
11	<u>Mooli Paratha</u>
12	<u>Rajma Paratha</u>
13	<u>Cabbage Paratha</u>
14	<u>Peas Paratha</u>
15	<u>Paneer Paratha</u>
16	<u>Methi Paratha</u>
17	<u>Aloo Gobi Paratha</u>
18	<u>Mushroom Paratha</u>
19	<u>Mooli Paratha</u>
20	<u>Ajwain Paratha</u>
21	<u>Cheese Carrot Paratha</u>
22	<u>Capsicum Paratha</u>
23	<u>Garlic Roti</u>
24	<u>Ragi Roti</u>
25	<u>Tandoori Roti</u>
26	<u>Bajra Roti</u>
27	<u>Oats Roti</u>
28	<u>Phulka</u>
29	<u>Ragi Chapathi</u>
30	<u>Radish Paratha</u>

GRAVIES / SIDEDISH FOR ROTI	
1	<u>Paneer Bhurji</u>
2	<u>Mushroom Butter Masala</u>
3	<u>Capsicum Gravy</u>
4	<u>Kadai Vegetable</u>
5	<u>Kashmiri Dum Aloo Masala</u>
6	<u>Aloo Gobi</u>
7	<u>Channa Masala (No Coconut)</u>
8	<u>Rajma Masala</u>
9	<u>Channa Masala</u>
10	<u>Pindi Chole</u>
11	<u>Aloo Palak Gravy</u>
12	<u>Gobi Masala</u>
13	<u>Rajma Dry Curry</u>
14	<u>Green Peas Masala (Dhaba Style)</u>
15	<u>Dal Makhani</u>
16	<u>Mushroom Do Pyaza</u>
17	<u>Paneer Kurma</u>
18	<u>Green Peas Masala</u>
19	<u>Panner Tikka Masala</u>
20	<u>Mutter Paneer Masala</u>
21	<u>Kadai Mushroom Masala</u>
22	<u>Kadai Paneer</u>
23	<u>Dum Aloo Masala</u>
24	<u>Chettinad Spicy Egg Gravy</u>
25	<u>Hotel style Veg Kurma</u>
26	<u>Aloo Matar Gravy</u>
27	<u>Capsicum Gravy</u>
28	<u>Baby Potato Gravy</u>
29	<u>Sweet Corn Capsicum Gravy</u>
30	<u>Malai Kofta</u>

BREAD RECIPES	
1	<u>Aloo Sandwich</u>
2	<u>Bell Pepper Sandwich</u>
3	<u>Bread Egg Upma</u>
4	<u>Bread Omlette</u>
5	<u>Bread Puttu</u>
6	<u>Bread Veg Upma</u>
7	<u>Cheese Capsicum Sandwich</u>
8	<u>Cheese Toast</u>
9	<u>Chutney Sandwich</u>
10	<u>Eggless French Toast</u>
11	<u>French Toast</u>
12	<u>Mushroom Sandwich</u>
13	<u>Paneer Sandwich</u>
14	<u>Sprouts Sandwich</u>
15	<u>Veg Sandwich</u>
16	<u>White Sauce Sandwich</u>
17	<u>Egg Bhurji</u>
18	<u>Chana Masala Sandwich</u>
19	<u>Legumes Salad Sandwich</u>
20	<u>Bread Veg Sandwich</u>
21	<u>Egg Omelette Sandwich</u>
22	<u>Pizza Sandwich</u>
23	<u>Aloo Sandwich</u>
24	<u>Veg Grilled Sandwich</u>
25	<u>Carrot Cheese Toast</u>
26	<u>Bread Egg Upma</u>
27	<u>Basic Whole Wheat Bread</u>
28	<u>Soya Kheema Masala</u>
29	<u>Whole Wheat Bread</u>
30	<u>Corn Cheese Toast</u>

OTHER BREAKFAST RECIPES	
1	<u>Aloo Poha</u>
2	<u>Khatta Meethi Poha</u>
3	<u>Coconut Poha</u>
4	<u>Coconut Sevai</u>
5	<u>Fried Rice Style Oats</u>
6	<u>Idiyappam</u>
7	<u>Kadalai Curry</u>
8	<u>Millet Upma</u>
9	<u>Kuzha Puttu</u>
10	<u>Lemon Aval Upma</u>
11	<u>Lemon Oats</u>
12	<u>Lemon Sevai</u>
13	<u>Masala Idiyappam</u>
14	<u>Masala Poha</u>
15	<u>Oats Pongal</u>
16	<u>Oats Savoury</u>
17	<u>Oats Upma</u>
18	<u>Tamarind Poha</u>
19	<u>Ragi Idiyappam</u>
20	<u>Ragi Semiya</u>
21	<u>Rava Kichadi</u>
22	<u>Rava Pongal</u>
23	<u>Rava Upma</u>
24	<u>Sago Upma</u>
25	<u>Semiya Kichadi</u>
26	<u>Semiya Upma</u>
27	<u>Ven Pongal</u>
28	<u>Wheat Rava Upma</u>
29	<u>Aval Upma</u>
30	<u>Pori Upma</u>