

MENU - BREAKFAST

AL-E-IMRAN TIFFIN SERVICE

WhatsApp: +91 8848339014, +91 6238435200

Email: shameer@al-e-imran.com

BREAK FAST

+ CURRY

Monthly Mess Breakfast Schedule

- | | |
|--------|--|
| Day 1 | Idli, Sambar, Coconut Chutney, Banana |
| Day 2 | Poori with Potato Masala, Tea/Coffee |
| Day 3 | Dosa with Sambar & Tomato Chutney/Omelette |
| Day 4 | Puttu with Kadala Curry, Tea/Coffee |
| Day 5 | Chapathi with Vegetable Kurma/Kesari |
| Day 6 | Appam with Veg Stew, Seasonal Fruit |
| Day 7 | Mini Tiffin (Idli, Vada/Pongal, Chutney/Sambar)/Sweet |
| Day 8 | Rava Upma, Coconut Chutney/Banana |
| Day 9 | Poori with Chana Masala, Tea/Coffee |
| Day 10 | Masala Dosa with Chutney & Sambar |
| Day 11 | Puttu with Green Peas Curry/Banana |
| Day 12 | Chapathi with Egg Curry, Tea/Coffee |
| Day 13 | Appam with Chicken Stew (or Veg Stew for veg option) |
| Day 14 | Pongal with Chutney & Sambar/Vada |
| Day 15 | Idiyappam with Vegetable Kurma |
| Day 16 | Poori with Bhaji, Tea/Coffee |
| Day 17 | Rava Kesari/Upma Combo/Banana |
| Day 18 | Masala Dosa with Coconut Chutney |
| Day 19 | Puttu with Fish Curry / Veg Curry |
| Day 20 | Chapathi with Paneer Masala, Tea/Coffee |
| Day 21 | Mini Tiffin (Idli /Pongal/Vada, Chutney/Sambar) |
| Day 22 | Upma + Kesari, Tea/Coffee |
| Day 23 | Poori with Potato Curry/Pickle |
| Day 24 | Onion Rava Dosa with Coconut Chutney |
| Day 25 | Puttu with Kadala Curry/Banana |
| Day 26 | Chapathi with Green Peas Masala |
| Day 27 | Appam with Egg Curry / Veg Stew |
| Day 28 | Pongal, Vada, Coconut Chutney |
| Day 29 | Idiyappam with Kurma + Sweet |
| Day 30 | Special Breakfast Combo (2 Idlis, 1 Vada/Pongal, Chutney/Sambar + Sweet) |

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LUNCH

+

CURRY

General Structure

- ✓ Lunch → Rice / Roti + 1 Curry + 1 Veg + Dal / Sambar + Curd + Papad/Pickle + Sweet (twice a week)
- ✓ Dinner → Chapathi / Parotta / Dosa / Rice variety + Curry + Veg + Rasam/Soup + Dessert (weekly once)

Day Lunch Menu

- Day 1 White Rice, Sambar, Beans Thoran, Fish Curry, Papad
- Day 2 Ghee Rice, Chicken Curry, Raita, Pickle
- Day 3 White Rice, Moru Curry (Curd), Cabbage Thoran, Fish Fry
- Day 4 Veg Biryani, Salad, Pappad, Pickle
- Day 5 White Rice, Sambar, Avial, Egg Curry
- Day 6 Lemon Rice, Potato Fry, Rasam
- Day 7 (Sunday Special) Chicken Biryani / Mutton Curry, Salad, Pickle, Payasam
- Day 8 White Rice, Dal Curry, Beetroot Thoran, Fish Fry
- Day 9 Curd Rice, Pickle, Pappad
- Day 10 Tomato Rice, Brinjal Fry, Rasam
- Day 11 White Rice, Sambar, Cabbage Thoran, Chicken Curry/Fry
- Day 12 Veg Pulao, Paneer Butter Masala/Raita
- Day 13 White Rice, Moru Curry, Beans Thoran, Fish Curry
- Day 14 (Sunday Special) Kerala Mini Sadhya Style Veg Meals + Payasam
- Day 15 White Rice, Dal Tadka, Cabbage Fry, Egg Curry
- Day 16 Ghee Rice, Chicken Masala, Salad
- Day 17 White Rice, Sambar, Avial, Fish Fry
- Day 18 Tamarind Rice, Potato Fry, Rasam
- Day 19 White Rice, Moru Curry, Beetroot Thoran, Chicken Curry
- Day 20 Veg Biryani, Onion Raita/Paneer/Chilli Gopi/ Pickle
- Day 21 (Sunday Special) Fish Biryani + Salad /Pappadam + Pickle
- Day 22 White Rice, Dal Curry, Beans Thoran, Egg Roast
- Day 23 Lemon Rice, Brinjal Fry, Rasam
- Day 24 White Rice, Sambar, Cabbage Fry, Fish Curry
- Day 25 Curd Rice, Pickle, Pappad
- Day 26 Ghee Rice, Chicken Curry, Salad
- Day 27 White Rice, Moru Curry, Beetroot Thoran, Fish Fry
- Day 28 (Sunday Special) Chicken Biryani + Payasam/Ice Cream
- Day 29 White Rice, Dal Curry, Avial, Egg Curry
- Day 30 Tomato Rice, Potato Fry, Rasam

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MENU - SNACK & TEA

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SNACK

+

TEA

- Day 1 Tea + Banana Fry (Pazham Pori)
- Day 2 Tea + Parippu Vada
- Day 3 Tea + Onion Pakoda
- Day 4 Tea + Suji (Rava) Cake
- Day 5 Tea + Uzhunnu Vada (Medu Vada)
- Day 6 Tea + Bread Bajji
- Day 7 (Sunday Special) Tea + Cutlet (Chicken/Veg)
- Day 8 Tea + Biscuit / Rusk / Vettucake
- Day 9 Tea + Ela Ada (sweet coconut-jaggery filling)
- Day 10 Tea + Onion Bonda
- Day 11 Tea + Banana Chips
- Day 12 Tea + Mysore Pak
- Day 13 Tea + Samosa (Veg/Chicken)
- Day 14 (Sunday Special) Tea + Ice Cream / Milkshake
- Day 15 Tea + Parippu Vada
- Day 16 Tea + Sweet Kozhukatta
- Day 17 Tea + Egg Puffs
- Day 18 Tea + Uzhunnu Vada
- Day 19 Tea + Veg Sandwich / Kuzhalappam
- Day 20 Tea + Jackfruit Chips
- Day 21 (Sunday Special) Tea + Chicken Roll / Veg Roll
- Day 22 Tea + Murukku / Achappam
- Day 23 Tea + Rava Kesari (sweet)
- Day 24 Tea + Onion Pakoda
- Day 25 Tea + Pazham Pori
- Day 26 Tea + Potato Bonda
- Day 27 Tea + Mixture / Groundnut
- Day 28 (Sunday Special) Tea + Cutlet + Sweet Payasam
- Day 29 Tea + Parippu Vada
- Day 30 Tea + Cake Slice / Pappadavada



MENU - DINNER

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DINNER

+

CURRY

Dinner Plan (30 Days)

- Day 1 Chapathi, Chicken Curry/Veg Kurma
- Day 2 Dosa, Chutney, Sambar/Egg Roast
- Day 3 Parotta, Veg Kurma/Chicken Fry
- Day 4 Chapathi, Paneer Masala/Veg Stir Fry
- Day 5 Idiyappam, Egg Curry/Veg Kurma
- Day 6 Tomato Rice, Curd, Pickle
- Day 7 (Sunday Special) Kerala Porotta + Egg Curry (or Chicken) /Payasam
- Day 8 Chapathi, Veg Kurma, Fish Fry
- Day 9 Dosa, Onion Chutney, Sambar
- Day 10 Parotta, Chicken Curry/Veg Fry
- Day 11 Chapathi, Egg Curry/Beans Poriyal
- Day 12 Ghee Rice, Chicken Fry, Salad
- Day 13 Idiyappam, Veg Stew/Fish Curry
- Day 14 (Sunday Special) Chicken Fried Rice + Gobi Manchurian
- Day 15 Chapathi, Paneer Masala, Cabbage Fry
- Day 16 Dosa, Chutney, Rasam
- Day 17 Parotta, Chicken Curry/Veg Kurma
- Day 18 Tomato Rice, Egg Curry, Pickle
- Day 19 Chapathi, Fish Curry/Veg Stir Fry
- Day 20 Idiyappam, Veg Kurma/Chicken Fry
- Day 21 (Sunday Special) Biryani/Payasam/Ice Cream
- Day 22 Chapathi, Egg Masala/Beans Fry
- Day 23 Parotta, Veg Kurma, Fish Fry
- Day 24 Dosa, Sambar, Coconut Chutney
- Day 25 Ghee Rice, Chicken Curry/Raita
- Day 26 Chapathi, Veg Kurma, Egg Curry/Boiled Egg
- Day 27 Tomato Rice, Fish Fry/Rasam
- Day 28 (Sunday Special) Kerala Porotta + Chicken Curry + Dessert
- Day 29 Idiyappam, Veg Stew/Egg Roast
- Day 30 Chapathi, Paneer Butter Masala/Veg Stir Fry

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