<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Morning Snack</th>
<th>Lunch</th>
<th>Afternoon Snack</th>
<th>Evening Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Cornflakes, Flavoured Milk, Fried Egg, Bread/Butter/Jam, Idli Vada, Sambar, Chutney</td>
<td>Fresh Juice &amp; Cookies</td>
<td>Egg Biryani, Pasta with white Sauce, Chilly Potato, Roti, Cabbage Vegetable fry, Curd, Fruit</td>
<td>Aloo Bonda</td>
<td>Paneer roll &amp; Juice</td>
<td>Green Salad, Rice, Roti Shahi Panner Gravy, Beef Fry, Chicken Gravy, Curd &amp; Gulab Jamoon</td>
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<tr>
<td>Tuesday</td>
<td>Chocos, Flavoured Milk, Bread/Butter/Jam, Masala Omelette, Semiya Bath</td>
<td>Fresh Juice &amp; Cookies</td>
<td>Rice, Roti, Chicken/Paneer, Manchurian Beetroot Vegetable fry, noodles, Curd, Fruit</td>
<td>Marble Plain Cake</td>
<td>Veg Puffs</td>
<td>Coleslaw Salad, Jeera Rice, Rumali Roti, Roasted Chicken /Panner Tikka, Raitha &amp; Chocolate mousse</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Cornflakes, Flavoured Milk, Masala Egg, Bread/Butter/Jam, Pongal and Masala Vada &amp; Peanut Chutney</td>
<td>Fresh Juice &amp; Cookies</td>
<td>Nutrela nuggets, Pula, Roti, Pasta with Green sauce, Lobia Gravy, Raitha, Payasam &amp; Fruit</td>
<td>Veg Puffs</td>
<td>Veg Puffs &amp; Juice</td>
<td>Black dhal, Mangalore Chicken/panner Gravy, Curd, &amp; Walnut Burfi</td>
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<tr>
<td>Thursday</td>
<td>Chocos, Flavoured Milk, Omelette with Onion Tomato, Bread/butter/Jam, Veg Upma/Kesari Bath &amp;Chutney</td>
<td>Fresh Juice &amp; Cookies</td>
<td>Rice, Roti, Veg Jalfrezi Noodles, Sambar, Rasam, Curd, Papad &amp; Ice-Cream</td>
<td>Cup cake</td>
<td>Onion Samosa &amp; Juice</td>
<td></td>
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</tbody>
</table>
**Friday**

**Breakfast:**
Cornflakes, Flavoured Milk, Omelette, Bread/Butter/Jam, Grilled Cheese Sandwich

**Morning Snack:**
Fresh Juice & Cookies

**Lunch:**
Ghee Rice, Roti, Chicken/Panner Butter Masala, Bindi pepper fry, Noodles, Curd & Fruit

**Afternoon Snack:**
Banana Bhaji

**Evening Snack:**
Bhel Puri & Juice

**Dinner:**
Green Salad, Rice, Veg/Chicken Burger, French Fries, Sambar, Curd & Chocolate Pastry

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**Saturday**

**Breakfast:**
Chocos, Flavoured Milk, Masala Omelette, Bread/Butter/Jam, Stuffed Paratha, Curd, Pickle

**Morning Snack:**
Fresh Juice & Cookies

**Lunch:**
Rice, Roti, Fish/Panner Moilee, Malai Kofta Gravy, & Fruit

**Afternoon Snack:**
N.A.

**Evening Snack:**
Veg Quiches & Juice

**Dinner:**
Russian Salad, Egg/Veg fried Rice, Roti, Kalmi Kabab/Panner with Mushroom Kabab, Kadai Vegetable, Curd & Fruits

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**Sunday**

**Breakfast:**
Cornflakes, Flavoured Milk, Plain Omelette, Bread/Butter/Jam, Chicken Sausage, Fried Potatoes, Veg Noodles, Toast & Veg Cutlet

**Morning Snack:**
Fresh Juice & Cookies

**Lunch:**
Mutton/Mushroom panner Biryani, Raitha, & Ice Cream

**Afternoon Snack:**
N.A.

**Evening Snack:**
Veg Burger & Juice

**Dinner:**
Green Salad, Rice, Roti, Carrot Beans fry, Rajma masala, Curd Papad, Pickle, Kheer & fruits