



**Food Menu**  
August 08- 14



## Monday

**Breakfast:**  
Cornflakes, Flavoured Milk, Fried Egg, Bread/Butter/Jam, Idli, Vada, Mangalore Sambar, & Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Egg Biryani, Pasta with white Sauce, Chilly Potato Dry, Roti, Cabbage Vegetable fry, Raitha & Fruit

**Afternoon Snack:**  
Vegetable Cutlet

**Evening Snack:**  
Paneer roll & Juice

**Dinner:**  
Green Salad, Rice, Roti Shai Panner Gravy, Chicken Gravy, Curd & Gulab Jamoon

## Tuesday

**Breakfast:**  
Chocos, Flavoured Milk, Boiled Egg Bread/Butter/Jam, Chow Chow Bath & Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Veg Pulao, Roti, Pasta with Green Sauce, Channa Masala Gravy, Raitha & Fruit

**Afternoon Snack:**  
Hot Dog

**Evening Snack:**  
Tomato Bread Toast & Juice

**Dinner:**  
Coleslaw Salad, Jeera Rice, Rumali Roti, Tava Chicken /Panner Tikka, Raitha & Chocolate Mousse

## Wednesday

**Breakfast:**  
Cornflakes, Flavoured Milk, Omelette with Onion and Tomato, Bread/Butter/Jam, Poori with Potato Sagu & Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Rice, Roti, Chilly Chicken/Paneer, Bindi Fry, Veg Noodles, Curd & Fruit

**Afternoon Snack:**  
Pav Bhajji

**Evening Snack:**  
Veg Puffs & Juice

**Dinner:**  
Tossed Salad, Rice, Roti, Channa Dhal Gravy, Rasam, Gobi Pepper Fry & Coconut Burfi

## Thursday

**Breakfast:**  
Chocos, Flavoured Milk, Scrambled Egg, Bread/Butter/Jam, Set Dosa veg Sagu & Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Ghee Rice, Roti, Dhal Fry, Beans Vegetable Fry, Curd & Ice Cream

**Afternoon Snack:**  
Cup cake

**Evening Snack:**  
Onion Samosa & Juice

**Dinner:**  
Green Salad, Rice, Roti, Black dhal, Mangalore Chicken/panner Gravy, Curd, & Walnut Burfi



## Friday

### Breakfast:

Cornflakes, Flavoured Milk,  
Masala Omelette,  
Bread/Butter/Jam, Grilled  
Cheese Sandwich

### Morning Snack:

Fresh Juice & Cookies

### Lunch:

Chicken/Veg Biryani, Raitha &  
Ice Cream

### Afternoon Snack:

Veg Puffs

### Evening Snack:

Chilli Bajii & Juice

### Dinner:

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

## Saturday

### Breakfast:

Chocos, Flavoured Milk, Masala  
Omelette, Bread/Butter/Jam,  
Chana Batura

### Morning Snack:

Fresh Juice & Cookies

### Lunch:

Rice, Roti, Prawn/Panner  
Gravy, Malai Kofta Gravy, &  
Fruit

### Afternoon Snack:

N.A.

### Evening Snack:

Veg Quiches & Juice

### Dinner:

Russian Salad, Egg/Veg Fried  
Rice, Ginger Chicken/Panner  
Sauce & Brownie with  
Chocolate Sauce

## Sunday

### Breakfast:

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

### Morning Snack:

Fresh Juice & Cookies

### Lunch:

Rice Roti Mutton/ Panner Gravy  
Veg Kadai & Ice Cream

### Afternoon Snack:

N.A.

### Evening Snack:

Veg Pizza & Juice

### Dinner:

Green Salad, Rice, Roti,  
Pork/Chicken Fry, Rajma  
masala, Curd Papad, Pickle,  
Kheer and Fruit



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