



Food Menu 1st & 3rd week



Monday

Breakfast:

Porridge (Oats), Brown Bread/
Butter/Jam, Milk/Flavoured Milk,
Fried Egg, Poori - Baaji, & Poha-
Chutney

Morning Snack:

Flavoured Juice & Choc Chip
Cookies

Lunch:

Sprouted Salad, Chapathi Aloo
Soya Rice, Sambar, Tomato Rice
Singapore Noodles, Curd-Pickle,
Kerala Chicken & Gulab Jamoon

Afternoon Snack:

Samosa

Tuesday

Breakfast:

Cornflakes, Brown Bread/
Butter/Jam, Milk/Flavoured Milk,
Omelette, Pan Cake- Honey, Pongal
& Chutney

Morning Snack:

Lemon Juice & Cashew Cookies

Lunch:

Russian Salad, Delhi Kulcha,
Kadai Veg, Rice, Moong Dal,
Bisibelle Bath Pasta-Sauce, Curd-
Pickle, Baked Chicken & Fruit
Salad

Afternoon Snack:

Sandwich

Wednesday

Breakfast:

Chocos, Brown Bread/
Butter/Jam, Milk/Flavoured Milk,
Omelette, Idli-Vada, Sambar-
Chutney

Morning Snack:

Flavoured Juice & Jam Cookies

Lunch:

Punjabi Salad, Phulka, Butter
Paneer, Rice, Tomato Dal,
Beetroot Poriyal, Veg Pulao,
Mash Potato, Curd Pickle,
Chicken Hyderabadi & Ice Cream

Afternoon Snack:

Olive Cheese Roll

Thursday

Breakfast:

Chocos, Brown
Bread/Butter/Jam/Milk/Flavoured
Milk, Fried Egg, Set Dosa,
Chutney/Sambar

Morning Snack:

Flavoured Juice & Marble
Cookies

Lunch:

Waldrof Salad, Tawa Paratha,
Kadala curry, Rice, Dal Makhani,
Carrot Beans Poriyal, Mexican
Rice, Veg Pizza, Curd - Pickle,
Chicken Korma & Pastry

Afternoon Snack:

Brownie



Friday

Breakfast:

Chocos, Brown Bread/Butter/Jam,
Milk/Flavoured Milk, Fried Toast,
Chow Chow Bath & Kesari Bath

Morning Snack:

Flavoured Juice & Almond
Cookies

Lunch:

Corn Salad, Bhendi Masala, Rice,
Bahara Baingan, Veg Biryani,
Chicken Biryani, Maggi
Noodles, Curd-pickle, Raitha &
Fruit

Afternoon Snack:

Bajji



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