



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 & Choco Chip
Cookies

Lunch:

Sprouted Salad, Chapathi & Aloo
Khorma, Rice & Sambar, Gobi
Manchurian, Tomato Rice,
Singapore Noodles, Curd –
Pickle, Kerala Chicken & Gulab
Jamoon

Afternoon Snack:

Samosa

Evening Snacks:

Mini Pizza & Flavoured Juice

Dinner:

Salad Bar , Chapathi, Veg Jaipuri,
Rice & Dal Makhani, Aloo Methi,
Fish Fry, Curd-Pickle & Fruit.

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,
Roast Potato, Bisibelle Bath,
Pasta –Sauce, Curd – Pickle,
Baked Chicken & Fruit Salad,

Afternoon Snack:

Sandwich

Evening Snacks:

Spring Roll Flavoured Juice

Dinner:

Soup ,Salad Bar, Phulka,
Mushroom Makhai Mutter, Rice
& Sambar, Gobi Tomato, Veg
Momos, Curd- Pickle & Pastry .

Wednesday

Breakfast:

Chocos, Brown Bread/ Butter/Jam,
Milk/Flavoured Milk, Omelette,
Idli-Vada, Sambar chutney & Rice
for Boarders

Morning Snack:

Flavoured Juice & Jam
Cookies

Lunch:

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

Afternoon Snack:

Olive Cheese Roll

Evening Snacks:

Spl Cup Cake & Flavoured Juice

Dinner:

Salad Bar, Tawa Paratha, Bhendi
Jaipuri, Rice Tomato Dal, Mix
Veg Subzi, Prawns Tempura,
Curd – Pickle & Fruit.

Thursday

Breakfast:

Porridge (Oats), Brown
Bread/Butter/Jam, Milk/Flavoured
Milk Fried Egg, Set Dosa &
Chutney/Sambar, Rice for
Boarders

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

Evening Snacks:

Hot dog Roll

Dinner:

Soup Salad Bar Ajwain Chapathi,
Aloo Capsicum, Rice & Lobiya
Dal, Egg Curry, Papad, Curd-
Pickle & Swiss Roll.



Friday

Breakfast:

Chocos, Bread/Butter/Jam, Flavoured Milk/Milk, French Toast, Chow Chow Bath, Kesari Bath & Chutney

Morning Snack:

Flavoured Juice & Almond Cookies

Lunch:

Corn Salad, Rice, Bhendi Masala, Sambar, Bahara Baingan, Veg Biryani, Aloo Jeera, Chicken Biryani, Maggi Noodles, Curd – Pickle, Raitha, & Fruit

Afternoon Snack:

Bajji

Evening Snack:

Doughnut & Cold Coffee

Dinner

Salad Bar, Kerala Paratha, Kadala Curry, Rice & Sambar, Chilly Mushroom/Baked Chicken, Veg Burger, Curd – Pickle & Fruit



Sunday

Breakfast:

Chocos, Brown Bread/Butter/Jam, Milk/Flavoured Milk, Chicken Sausage, Masala Dosa, Sambar & Chutney

Morning Snack:

Flavoured Juice & Jam Cookies

Lunch:

Corn Salad, Salad, Rumali Roti, Veg Khurma Rice- Sambar, Veg Pizza, Chicken Pizza, Curd – Pickle, Papad & Fruit

Afternoon Snack:

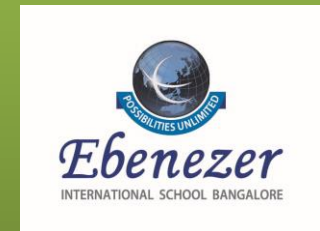
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Evening Snack:

Grilled Sandwich & Flavoured Juice

Dinner:

Salad Bar, Veg Katti Roll, Finger Chips, Rice & Dal Fry, Veg Poriyal, Chicken Katti Roll, Curd- Pickle & Ice Cream Cake



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