



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:

Green Salad, Tawa Paratha,
Bhendi Masala, Rice, Channa
Dal, Veg Noodles, Chicken 65,
Curd Pickle & Fruit Salad

Afternoon Snack:

Samosa

Tuesday

Breakfast:

Cornflakes, Brown Bread/
Butter/Jam, Milk/Flavoured Milk,
Omelette, Vada, Pongal & Chutney.

Morning Snack:

Lemon Juice & Cashew Cookies

Lunch:

Waldrof Salad, Chapathi, Kadai
Veg, Rice, Rajma Dal, Spaghetti
Sauce, Corn Flakes Chicken,
Curd-Pickle & Gulab Jamoon

Afternoon Snack:

Choc Cup Cake

Wednesday

Breakfast:

Chocos, Brown Bread/ Butter/Jam,
Milk/Flavoured Milk, Omelette,
Idli-Sambar, Pan Cake-Honey

Morning Snack:

Flavoured Juice & Jam Cookies

Lunch:

Sprouted Salad, Phulka, Butter
Paneer Masala, Rice, Dal Palak,
Garlic Bread, Mash Potato, Chilly
chicken, Curd – Pickle & Belgium
Pastry

Afternoon Snack:

Sandwich

Thursday

Breakfast:

Porridge (Oats), Brown
Bread/Butter/Jam, Milk/Flavoured
Milk, Fried Egg, Masala Dosa,
Chutney-Sambar

Morning Snack:

Flavoured Juice & Marble
Cookies

Lunch:

Russian Salad, Kerala Paratha,
Kadala Curry, Rice, Sambar, Veg
Fried Rice, Chilly Paneer, Papad,
Chicken Chettinad, Curd-Pickle
& Moong Dal Payasam

Afternoon Snack

Doughnut



Friday

Breakfast:

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

Morning Snack:

Flavoured Juice & Almond
Cookies

Lunch:

Channa Chat Salad, Delhi Kulcha,
Mix Veg Curry, Rice, Rasam,
Maggi Noodles, Veg Biryani,
Chicken Biryani, Raitha-Pickle &
Ice Cream

Afternoon Snack:

Sandwich



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Singena Agrahara Road
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