



## Food Menu 2<sup>nd</sup> & 4<sup>th</sup> week



### Monday

**Breakfast:**

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

**Morning Snack:**

Flavoured Juice & Choc Chip Cookies

**Lunch:**

Green Salad, Tawa Paratha, Bhendi Bajji, Rice, Channa Dal, Puliogare Rice, Aloo Jeera, Nachos, Kerala Chicken, Curd/Pickle & Fruit Salad

**Afternoon Snack:**

Samosa

**Evening Snacks:**

Choc Croissant & Flavoured Juice

**Dinner**

Salad Bar, Chapati, Rajma Dal, Veg Fried rice, Singapore Noodles, Gobi Manchurian, Chilly Prawns & Swiss Roll

### 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, Dal Makhani, Bisibelle Bath, Carrot Beans Poriyal, Spaghetti-Sauce, Corn Flakes chicken, Curd-Pickle & Gulab Jamoon

**Afternoon Snack:**

Choco Cup Cake

**Evening Snacks:**

Aloo Bonda & Flavoured Juice

**Dinner**

Soup, Salad Bar, Tawa Paratha, Butter Paneer Masala, Rice, Yellow Dal, Aloo Capsicum, Butter Chicken Masala & Pastry

### 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, Delhi Kulcha, Aloo Dum, Rice, Green Moong Dal, Veg Pulao, Garlic Bread, Veg Au gratin, Grilled Chicken, Curd-Pickle, Belgium Pastry

**Afternoon Snack:**

Sandwich

**Evening Snacks:**

Veg Puffs & Flavoured Juice

**Dinner**

Salad Bar, Phulka, Mix Veg Subzi/ Dal, Mexican Rice, Pasta – White Sauce, Herbs Potato, Linseed chicken & Choco Ball

### 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, Chapathi, Green Peas Masala, Rice, Sambar, Afghani Pulao, Paneer Manchurian, Papad, Chicken Do Pyaza, Curd-Pickle, Moong Dal Payasam

**Afternoon Snack:**

Doughnut

**Evening Snacks:**

Masala Vada & Flavoured Juice

**Dinner**

Soup, Salad Bar, Kerala Paratha, Kadala Curry, Rice Rasam, Mash Potato, Fish Fry & Fruits



## Friday

### Breakfast:

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

### Morning Snack:

Flavoured Juice & Almond  
Cookies

### Lunch:

Channa Chat Salad, Phulka,  
Green Salad, Mix Veg Curry,  
Rice, Rasam, Maggi Noodles,  
Baingan Katta, Veg Biryani,  
Mutton Biryani, Raitha – Pickle  
& Ice Cream

### Afternoon Snack:

N.A.

### Evening Snack:

Grilled Sandwich & Cold Coffee

### Dinner

Salad Bar, Batura, Channa  
Masala, Veg Thai Curry, Stir Fry  
Veg, Chicken Thai Curry &  
Pastry



## Saturday

### Breakfast:

Porridge (Oats), Brown  
Bread/Butter/Jam, Milk/Flavoured  
Milk, Fried Egg, Aloo Paratha,  
Sevige Bath Curd-Pickle, Chutney

### Morning Snack:

Flavoured Juice & Coconut  
Cookies

### Lunch:

Kosembari Salad, Phulka, Veg  
Khurma, Rice, Dal Makhani,  
Roast Potato, Veg Pulao, Papad,  
Chicken Kabab, Curd-Pickle &  
Fruit

### Afternoon Snack:

N.A.

### Evening Snack:

Brownie & Flavoured Juice

### Dinner

Salad Bar, Chapathi, Aloo Jeera,  
Rice, Dal Fry, Veg Momos, Chicken  
Momos & Choco Lava

## Sunday

### Breakfast:

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

### Morning Snack:

Flavoured Juice & Jam Cookies

### Lunch:

Green Salad, Rumali Roti, Veg  
Jalfrezi, Rice, Rasam, Aloo Gobi,  
Veg Cutlet, Papad, Butter  
Chicken, Curd-Pickle & Milk  
Shake

### Afternoon Snack:

N.A.

### Evening Snack:

Spl Cup Cake & Flavoured Juice

### Dinner

Salad Bar, Rumali Roti, Kadai  
Paneer, Rice, Sambar, Veg Poriyal,  
Chicken Hyderabad & Ice Cream



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