



Food Menu 1st & 3rd week



Monday

Breakfast:

Oats, Chocos, Banana, Orange Juice, Bread/ Butter/Jam, Omelette, Idi, Vada, Chutney and Sambar

Morning Snack:

Flavoured Juice & Choc Chip Cookies

Lunch:

Green Salad, Tawa Paratha, Aloo Dum, Rice, Dal Makhani, Poriyal, Veg Fried Rice, Veg Noodles, Chicken Do Pyaza, Curd- Pickle, & Fruit Salad

Afternoon Snack:

Choc Croissant

Tuesday

Breakfast:

Oats, Chocos, Pineapple, Watermelon Juice, Bread/ Butter/Jam, Omelette, Pav Baaji, Pongal, Pongal & Chutney.

Morning Snack:

Lemon Juice & Cashew Cookies

Lunch:

Waldrof Salad, Chapathi, Mutter Paneer, Rice, Loby Dal, Bisibelle Bath, Gobi Manchurian, Spaghetti – Sauce, Baked Chicken, Curd-Pickle & Indian Sweet

Afternoon Snack:

Choc Cup Cake

Wednesday

Breakfast:

Oats, Chocos, Apple, Muskmelon Juice, Bread/ Butter/Jam, Omelette, Dosa, Aloo, Sambar, Chutney

Morning Snack:

Flavoured Juice & Jam Cookies

Lunch:

Sprouted Salad, Phulka, Channa Masala, Rice, Dal Palak, Puliogare Rice, Honey Chilly Potato, Garlic Bread Toast, Chicken Masala, Curd Pickle & Belgium Pastry

Afternoon Snack:

Sandwich

Thursday

Breakfast:

Oats, Chocos, Watermelon, Chicoo Juice, Bread/Butter/Jam, Omelette, Pooori, Aloo Baaji, Chutney

Morning Snack:

Flavoured Juice & Marble Cookies

Lunch:

Channa Chat Salad, Delhi Kulcha, Mix Veg Curry, Rice, Rasam, Maagi Noodles, Baingan Katta, Veg Biryani, Chicken Biryani, Raitha, Pickle & Mousse

Afternoon Snack

Brownie



Friday

Breakfast:

Oats, Chocos, Musk Melon,
Banana Milk Shake,
Bread/Butter/Jam, Omelette, Pan
Cake, Honey, Upma & Chutney

Morning Snack:

Flavoured Juice & Almond
Cookies

Lunch:

Russian Salad, Chapathi, Bhendi
Masala, Rice, Sambar, Lemon
Rice, Nachos, Chicken Chettinad,
Curd-Pickle & Fruit Custard

Afternoon Snack:

Puffs



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