Food Menu
2nd & 4th week

Monday

Breakfast:
Oats, Chocos, Banana, Orange Juice, Bread/Butter/Jam, Omelette, Mini Idli, Vada, Chutney & Sambar

Morning Snack:
Flavoured Juice & Choc Chip Cookies

Lunch:
Green Salad, Tawa Paratha, Malai Kofta Curry, Rice, Dal Makhani, Veg Fried Rice, Veg Noodles, Chicken Do Pyaza, Curd-Pickle & Choc Ball

Afternoon Snack:
Choc Croissant

Tuesday

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

Morning Snack:
Lemon Juice & Cashew Cookies

Lunch:
Waldrof Salad, Chapathi, Butter Paneer, Rice, Lobya Dal, Bisibelle Bath, Gobi Manchurian, Spegheti-Sauce, Barbeque Chicken, Curd-Pickle & Indian Sweet

Afternoon Snack:
Aloo Bun

Wednesday

Breakfast:
Oats, Chocos, Muskmelon Juice, Chicoo Juice, Bread/Butter/Jam, Omelette, Poori, Aloo Baaji, & Chutney

Morning Snack:
Flavoured Juice & Jam Cookies

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

Afternoon Snack:
Mint Sandwich

Thursday

Breakfast:
Oats, Chocos, Watermelon, Chicoo Juice, Bread/Butter/Jam, Omelete, Poori, Aloo Baaji & Chutney

Morning Snack:
Flavoured Juice & Marble Cookies

Lunch:
Channa Chat Salad, Paratha, Kadala Curry, Rice, Rasam, Veg Burger, Baingan Katta, Chicken Burger, Raitha – Pickle & Mousse

Afternoon Snack:
Doughnut

Friday

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

Morning Snack:
Flavoured Juice & Almond Cookies

Lunch:
Russian Salad, Chapathi, Bhendi Masala, Rice, Sambar, Aloo Gobi, Nachos, Chicken Chettinad, Curd-Pickle & Fruit Custard

Afternoon Snack:
Cutlet

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