



## Food Menu 1<sup>st</sup> & 3<sup>rd</sup> week



### Monday

**Breakfast:**

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

**Morning Snack:**

Flavoured Juice & Choco 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

**Evening Snacks:**

Samosa & Sweet Lime Juice

**Dinner:**

Salad, Chapati, Veg Poriyal, Gobi Fry, White Rice, Dal/Rasam, Fish Fry Curd & Vanilla Ice Cream

### 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

**Evening Snacks:**

Spring Roll & Cold Coffee

**Dinner:**

Soup, Salad, Tawa Paratha, Veg Jaipuri, White rice, Rasam, Mutton Curry, Curd & Banana

### 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

**Evening Snacks:**

Hot Dog & Guava Juice

**Dinner:**

Salad, Chapathi, Veg Kofta Curry, Mexican Rice, Sauce, Paneer Chilly, Chilly Chicken, Curd & Chocolate Ice Cream

### 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 Biriyani, Chicken Biriyani, Raitha, Pickle & Mousse

**Afternoon Snack:**

Brownie

**Evening Snacks:**

Cheese Toast & Musk Melon Juice

**Dinner:**

Soup, Salad, Rumali Roti, Rice, Sambar, Rasam, Egg Curry, Curd, Apple, & Kulfi



## 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

### Evening Snack:

Doughnut & Pomegranate Juice

### Dinner

Salad, Batura, Channa Masala,  
Veg Fried Rice, Chicken Fried  
Rice, Water Melon & Strawberry  
Ice Cream

## Saturday

### Breakfast:

Oats, Chocos, Fruit Salad,  
Strawberry Milk shake,  
Bread/Butter/Jam, Omelette, Aloo  
Paratha, Curd & Cheese Toast

### Morning Snack:

Flavoured Juice & Coconut  
Cookies

### Lunch:

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

### Afternoon Snack:

N.A.

### Evening Snack:

Grilled Sandwich & Cold Coffee

### Dinner:

Salad, Phulka, Veg Khurma,  
Khichdi, Dal, Maagi, Curd,  
Muskmelon



## Sunday

### Breakfast:

Oats, Brown Bread/Butter/Jam,  
Chocolate Milk Shake, Guava,  
Omelette, Salami, Sausage, Smiley  
Potato, Poha & Chutney

### Morning Snack:

Flavoured Juice & Jam Cookies

### Lunch:

Green Salad, Veg Biryani, Baby  
Corn Manchurian, Raitha,  
Tomato Katta, Mutton Biryani,  
Rice, Rasam, Papad & Jamoon  
with Ice Cream

### Afternoon Snack:

N.A.

### Evening Snack:

Nutella Chocolate Bread & Lassi

### Dinner:

Salad Bar, Phulka, Kadai Paneer,  
Pasta-Sauce, Chilly Potato, Dal  
Amritsari, Veg/Chicken  
Lasagnea & Carrot Halwa



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