



Food Menu
June 13 to 19



Monday

Breakfast:

Cornflakes, Flavoured Milk, Fried Egg, Bread/Butter/Jam, Idli, Vada, Sambar & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti Egg Masala, Aloo Capsicum Masala, Dhal Tadka Beans Carrot vegetable fry, Curd & Fruit

Afternoon Snack:

Aloo Bonda

Evening Snack:

Sloppy Joe & Juice

Dinner:

Green Salad, Rice, Roti, Chicken/Panner Gravy, Rasam, Curd & Black Forest Pastry with Fruit

Tuesday

Breakfast:

Chocos, Flavoured Milk, Boiled Egg, Bread/Butter/Jam, Vermicelli bath with Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti Egg/Veg Schezwan Noodles with Garlic Gobi Manchurian Gravy, Sambar, Vegetable fry & fruit

Afternoon Snack:

Kaati Roll

Evening Snack:

Tomato toast & Juice

Dinner:

Coleslaw Salad, Rice, Paratha Chicken /Baby corn Mushroom Gravy, Dhal Tadka & Coconut Burfi with fruit Toss Salad

Wednesday

Breakfast:

Cornflakes, Flavoured Milk, Masala Omelette, Bread/Butter/Jam, Poori Potato Sagu & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Chicken/Panner Butter Masala, Cabbage Vegetable fry, Pasta with Red Sauce, Curd & Fruit

Afternoon Snack:

Veg Puffs

Evening Snack:

Chocolate Doughnut & Cold Coffee

Dinner:

Toss Salad, Rice, Roti, Green dhal Gravy, Bindi Pepper fry, Curd & Carrot Halwa with Fruit

Thursday

Breakfast:

Chocos, Flavoured Milk, Omelette with Onion Tomato, Bread/Butter/Jam, Masala Dosa Sambar & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Ghee Rice, Roti, Dhal fry, Veg Kadai, Raitha, Pasta with Broccoli sauce & Ice Cream

Afternoon Snacks:

Hot Dog

Evening Snack:

Masala Bun & Juice

Dinner:

Green Salad, Rice, Roti, Tava Roasted Chicken/Panner Tikka, Dal Palak & Brownie with Chocolate Sauce with fruit



Friday

Breakfast:

Cornflakes, Flavoured Milk,
Fried Egg, Bread/Butter/Jam,
Poha & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Pepper
Chicken/panner, Hakka Noodles
Beetroot Vegetable Fry & Fruit

Afternoon Snack:

Vada Pav

Evening Snack:

Panner Puffs & Juice

Dinner:

Green Salad, Rice, Roti, Lauki
with Chena Masala, Baby corn &
Potato chilly & Gulab Jamoon
with Fruit

Saturday

Breakfast:

Chocos, Flavoured Milk, Masala
Omelette, Bread/Butter/Jam,
Channa Batura

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Prawn Gravy Palak
Panner Gravy, and Veg Kurma
Mixed Vegetable Fry, Curd &
Fruit.

Afternoon Snack:

N.A.

Evening Snack:

Veg quiches & Juice

Dinner:

Russian Salad, Rice,
Chicken/Veg soup, Dinner roll,
Veg Burger & French fries
Sambar, Chocolate Pudding
with Fruit

Sunday

Breakfast:

Cornflakes, Flavoured Milk,
Omelette, Bread/Butter/Jam,
Chicken Sausages, Fried
Potatoes, Toast & Veg Cutlet

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Mutton Rogan Gosh,
Panner Gravy & Ice Cream

Afternoon Snack:

N.A.

Evening Snack:

Veg Pizza & Juice

Dinner:

Green Salad, Rice, Roti, Veg
Kurma, Sambar, Rasam, Curd,
Papad, Chicken Fry/Pork Fry,
Kheer & Fruit



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