



**Food Menu**  
July 04<sup>th</sup> to 10<sup>th</sup>



## Monday

**Breakfast:**  
Cornflakes, Flavoured Milk,  
Boiled Egg,  
Bread/Butter/Jam, Masala  
Dosa, Sambar & Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Egg Biryani, Roti, Aloo  
Capsicum Masala, Raitha, Beans  
vegetable fry, Curd & Fruit

**Afternoon Snack:**  
Coconut Tart

**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,  
Scrambled Egg,  
Bread/Butter/Jam,  
Vermicelli bath with Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Egg/Veg Fried Rice with Garlic  
Gobi Manchurian Gravy, Roti,  
Cabbage Vegetable fry & Fruit

**Afternoon Snack:**  
Sliced Cake

**Evening Snack:**  
Tomato toast & Juice

**Dinner:**  
Coleslaw Salad, Rice, Paratha  
Chicken /Baby Corn Mushroom  
Gravy, Dhal Tadka & Coconut  
Burfi with fruit

## 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, Bindi 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, Onion  
Uthappam Sambar & Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Ghee Rice, Roti, Dhal fry,  
Veg Kadai, Raitha, Veg Noodles  
with Sauce & Fruit

**Afternoon Snacks:**  
Hot Dog

**Evening Snack:**  
Finger Chips & Juice

**Dinner:**  
Green Salad, Rice, Roti Barbeque  
Chicken/Panner Tikka, Dhal  
Palak & Brownie with Chocolate  
Sauce with Fruit



## Friday

### Breakfast:

Cornflakes, Flavoured Milk,  
Fried Egg, Bread/Butter/Jam,  
Grilled Cheese Sandwich

### Morning Snack:

Fresh Juice & Cookies

### Lunch:

Chicken/Veg Biryani, Raitha,  
Baingan Bartha & Fruit

### Afternoon Snack:

Pineapple Cake

### Evening Snack:

Panner Puffs & Juice

### Dinner:

Green Salad, Rice, Roti, Lauki  
with Chenna Masala, Baby Corn  
& Potato Chilly & Gulab Jamoon  
with Fruit



## Saturday

### Breakfast:

Chocos, Flavoured Milk, Masala  
Omelette, Bread/Butter/Jam,  
Chow Chow Bath & Chutney

### Morning Snack:

Fresh Juice & Cookies

### Lunch:

Rice, Roti, Prawn Gravy, Panner  
Gravy, Veg Kurma, Vegetable  
Fry, Curd & Fruit

### Afternoon Snack:

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### 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:

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### Evening Snack:

Veg Pizza & Juice

### Dinner:

Green Salad, Rice, Roti, Veg  
JalFrezi, Sambar, Rasam, Curd,  
Papad, Chicken fry/pork fry,  
Kheer & Fruit



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