



Food Menu
Aug 01 - 07



Monday

Breakfast: Cornflakes, Flavoured Milk, Fried Egg, Bread/Butter/Jam, Rava Idli, Aloo Sagu. Peanut Chutnev

Morning Snack:
Fresh Juice & Cookies

Lunch:
Rice, Roti, Pasta with Sauce, Egg Kurma, Panner with Mushroom Dopiaza, Beans Vegetable Fry, Curd. Fruit

Afternoon Snack:
Masala Vada

Evening Snack:
Banana Strudel & Juice

Dinner:
Green Salad, Rice, Ceylon Paratha, Palak Kofta Gravy, Palak Chicken Curry, Dhal fry, Curd & Trifle Pudding

Tuesday

Breakfast: Chocos, Flavoured Milk, Masala Omelette Bread/Butter/Jam, Poha with Chutney

Morning Snack:
Fresh Juice & Cookies

Lunch:
Rice, Roti, Green Dhal Tadka, Veg Noodles with Sauce Veg Kadai, Rasam, Papad, Curd, Fruit

Afternoon Snack:
Hot Dog

Evening Snack:
Masala Bun & Juice

Dinner:
Coleslaw Salad, Veg Pulao, Paratha, Chicken 65, Gobi 65, Raitha & Cheese Cake

Wednesday

Breakfast:
Cornflakes, Flavoured Milk, Scrambled Egg, Bread/Butter/Jam, Chow Chow Bath, Chutney

Morning Snack:
Fresh Juice & Cookies

Lunch:
Rice, Roti, Chicken/Panner Rogan Gravy, Cabbage Vegetable Fry, Curd, Fruit

Afternoon Snack:
Walnut Cake

Evening Snack:
English Muffin & Juice

Dinner:
Tossed Salad, Rice, Roti, Curry, Green Dhal fry, Veg Jalfrezi, Curd & Kiwi Pastry

Thursday

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

Morning Snack:
Fresh Juice & Cookies

Lunch:
Veg Biryani, Raitha, Brinjal Curry, Pasta with Green Sauce & Ice-Cream

Afternoon Snack:
Pav Bhaji

Evening Snack:
Onion Samosa & Juice

Dinner:
Green Salad Rice, Butter Naan, Rajma Curry, Chicken/Panner Kolhapuri, Curd, Jelly with Fruit



Friday

Breakfast: Cornflakes,
Flavoured Milk, Egg Burjia,
Bread/Butter/Jam, Vermicelli
Bath & Chutney

Morning Snack:
Fresh Juice & Cookies

Lunch:
Ghee Rice, Roti, Chicken Kabab,
Panner Gobi Kabab, Dhal Fry,
Beetroot Vegetable Fry, Curd &
Fruit

Afternoon Snack:
Veg Puffs

Evening Snack:
Panner Rolls & Juice

Dinner:
Green Salad, Rice, Veg/Egg
Noodles, Lauki Chenna Dhal,
Gobi Manchurian Sauce & Gulab
Jamoon



Saturday

Breakfast:
Chocos, Flavoured Milk, Masala
Omelette, Bread/Butter/Jam,
Chena Batura

Morning Snack:
Fresh Juice & Cookies

Lunch:
Ghee Rice, Chapathi, Butter
Panner, Prawn Chilly, Vegetable
Fry, Curd, & Fruit

Afternoon Snack:
N.A.

Evening Snack:
French Toast & Juice

Dinner:
Russian Salad, Rice Sambar,
Chicken Pizza, Veg Pizza,
French Fries, Sauce & Pastry,
Fruit

Sunday

Breakfast:
Cornflakes, Flavoured Milk, Plain
Omelette, Bread/Butter/Jam,
Chicken Salami, Fried Potatoes,
Toast & Veg Cutlet

Morning Snack:
Fresh Juice & Cookies

Lunch:
Chicken/Veg Biryani, Raitha, &
Ice Cream

Afternoon Snack:
N. A

Evening Snack:
Sloppy Joe & Juice

Dinner:
Green Salad, Rice, Roti, Aloo
Jeera, Veg Kadai, Curd,
Chicken/Pork Fry, Papad,
Pickle, Payasam



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