



**Food Menu  
July-11 to 17**



**Monday**

**Breakfast:**  
Cornflakes, Flavoured Milk,  
Fried Egg, Bread/Butter/Jam,  
Set Dosa, Veg Sagu & Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Rice, Roti, Egg Roast, Corn  
Capsicum Gravy, Pasta with red  
Sauce, Black Eyed Beans Gravy,  
Curd & Fruit

**Afternoon Snack:**  
Vada Pav

**Evening Snack:**  
Veg Samosa & Juice

**Dinner:**  
Green Salad, Rice, Roti,  
Chettinad Chicken/Veg Gravy  
Rasam, Curd & Pineapple  
Pastry with Fruit

**Tuesday**

**Breakfast:**  
Chocos, Flavoured Milk, Boiled  
Egg, Bread/Butter/Jam,  
Rava Idli with Sagu & Peanut  
Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Rice, Roti, Green Mutter Masala,  
Egg/Veg Fried Noodles with  
Gobi Manchurian Gravy & Fruit

**Afternoon Snack:**  
Coconut Tart

**Evening Snack:**  
Chocolate Dough nut & Cold  
Coffee

**Dinner:**  
Toss Salad, Rice, Roti, Rajma  
Gravy, Bindi Masala, Curd &  
Kaju Burfi with Fruit

**Wednesday**

**Breakfast:**  
Cornflakes, Flavoured Milk,  
Scrambled Egg,  
Bread/Butter/Jam, Poori, Veg  
Kurma & Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Rice, Roti, Chicken/Panner,  
Rogan Gravy, Pasta with white  
Sauce, Vegetable fry, Curd &  
Fruit

**Afternoon Snack:**  
Veg Puffs

**Evening Snack:**  
Coconut Tart & Juice

**Dinner:**  
Coleslaw Salad, Rice, Paratha  
Chicken/Panner Kabab, Dhal  
Tadka & Black Forest with Fruit

**Thursday**

**Breakfast:**  
Chocos, Flavoured Milk, Omelette  
with Onion Tomato,  
Bread/Butter/Jam, Chow Chow  
Bath & Chutney

**Morning Snack:**  
Fresh Juice & Cookies

**Lunch:**  
Ghee Rice, Roti, Dhal makhani,  
Raitha, Pasta with sauce & Fruit

**Afternoon Snack:**  
Aloo Bonda

**Evening Snack:**  
Onion Pakoda & Juice

**Dinner:**  
Green Salad, Rice, Roti Tawa  
Roasted Chicken/Panner Tikka,  
Green Dal Fry & Brownie with  
Chocolate Sauce with Fruit



## Friday

### Breakfast:

Cornflakes, Flavoured Milk,  
Omelette, Bread/Butter/Jam,  
Poha & Chutney

### Morning Snack:

Fresh Juice & Cookies

### Lunch:

Ambur Chicken/Veg Biryani,  
Raitha, Brinjal Curry & Ice  
Cream

### Afternoon Snack:

Banana Bajji

### Evening Snack:

Masala Vada & Juice

### Dinner:

Green Salad, Rice, Roti, Channa  
with Lauki, Baby Corn &  
Mushroom Chilly & Gulab  
Jamoon with Fruit

## Saturday

### Breakfast:

Chocos, Flavoured Milk, Masala  
Omelette, Bread/Butter/Jam,  
Channa Bathura & Channa  
Saagu

### Morning Snack:

Fresh Juice & Cookies

### Lunch:

Tomato Pulao, Roti, Palak  
Panner Gravy, Chilly Potato,  
Fish fry, 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 & Walnut Burfi with  
Fruit

## Sunday

### Breakfast:

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

### Morning Snack:

Fresh Juice & Cookies

### Lunch:

Mutton Biryani, Veg Biryani,  
Raitha & Ice Cream

### Afternoon Snack:

N A

### Evening Snack:

Veg Pizza & Juice

### Dinner:

Green Salad, Rice, Roti, Veg  
Dopiaza, Sambar, Chicken/Pork  
Fry, Curd, Pickle & Pastry



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