



**Food Menu
Sept-12 to 18**



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, Mushroom
with Capsicum Gravy, Pasta with
red sauce, Rajma 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, Dhal Tadka, Egg/Veg
Fried Noodles with Gobi
Manchurian Gravy & Fruit

Afternoon Snack:

Strawberry sliced cake

Evening Snack:

Chocolate Dough nut & Cold
Coffee

Dinner:

Toss Salad, Masala Omelette,
Rice, Roti, Veg Kadai Gravy,
Bindi Masala, Curd & Kajju 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 Gravy, Kabab,
Dhal Fry & 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 Makani,
Raitha, Veg Noodles with sauce
& Fruit

Afternoon Snack:

Cream Bun

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,
Fried Egg, Bread/Butter/Jam,
Poha & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

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

Afternoon Snack:

Veg Cutlet

Evening Snack:

Masala Vada & Juice

Dinner:

Green Salad, Rice, Roti, Chena
Masala, Baby Corn & mushroom
chilly & Gulab Jamoon with Fruit



Saturday

Breakfast:

Chocos, Flavoured Milk, Masala
Omelette, Bread/Butter/Jam,
Chenna Bathura, Chena Sagu

Morning Snack:

Fresh Juice & Cookies

Lunch:

Tomato Pulao, Roti, Palak
Panner Gravy, Chilly Potato,
Fish fry, 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 & 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:

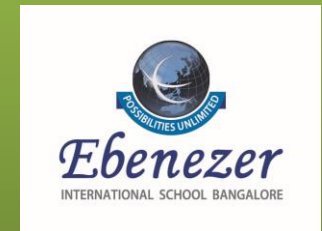
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Evening Snack:

Veg Pizza & Juice

Dinner:

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



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