



**Food Menu
Sept 19- 25**



Monday

Breakfast:

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

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Pasta with Sauce, Egg Kurma, Panner with Mushroom Dopiaza, Sambar, Curd & Fruit

Afternoon Snack:

Vada Pav

Evening Snack: chocolate

Dough Nut & Juice

Dinner:

Green Salad, Rice, Ceylon Paratha, Palak Kofta Curry, Palak Chicken/Panner Gravy, Dhal Fry, Curd & Trifle Pudding

Tuesday

Breakfast:

Chocos, Flavoured Milk, Boiled Egg Bread/Butter/Jam, Poha & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

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

Afternoon Snack:

Veg Cutlet

Evening Snack:

Masala Bun & Juice

Dinner:

Toss Salad, Veg Pulao, Paratha, Chicken 65, Gobi65, Curd & Cheese Cake

Wednesday

Breakfast:

Cornflakes, Flavoured Milk, Scrambled Egg, Bread/Butter/Jam, Vermicelli with Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

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

Afternoon Snack:

Bhajji

Evening Snack:

English Muffin & Juice

Dinner:

Coleslaw Salad, Rice, Roti, Masala Omelette, Green Dhal fry, Veg Jal frezi, Curd & Kiwi Pastry

Thursday

Breakfast:

Chocos, Flavoured Milk, Omelette with Onion Tomato, Bread/Butter/Jam, Onion Uthappa. Sagu & Chutnev

Morning Snack:

Fresh Juice & Cookies

Lunch:

Veg Biryani, Roti, Raitha, Brinjal Curry, Beet Root Vegetable Fry, Curd & Fruit

Afternoon Snack:

Cream Bun

Evening Snack:

Onion Samosa & Juice

Dinner:

Green Salad, Rice, Butter naan, Rajma Curry, Chicken/Panner Kohlapuri, Curd, Jelly with Fruit



Friday

Breakfast:

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

Morning Snack:

Fresh Juice & Cookies

Lunch:

Jeera Rice, Roti, Pepper
Chicken/ Panner, Dhal Fry,
Bindi Masala Pasta with Red
Sauce, Curd & Fruit

Afternoon Snack:

Veg Puffs

Evening Snack:

Kati Rolls & Juice

Dinner:

Green Salad, Rice, Veg/Egg
Noodles, Lauki Chena 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 Masala, Fish Fry,
Cabbage 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 Kurma, Curd, Papad,
Pickle & Payasam



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