



**Food Menu
September 26- Oct
02**



Monday

Breakfast:

Cornflakes, Flavoured Milk, Fried Egg, Bread/Butter/Jam, Masala Dosa Sambar & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Egg Biryani, Pasta with white Sauce, Chilly Potato Dry, Roti, Cabbage Vegetable fry, Raitha & Fruit

Afternoon Snack:

Aloo Bonda

Evening Snack:

Paneer roll & Juice

Dinner:

Green Salad, Rice, Roti Shai Panner Gravy, Chicken Gravy, Curd & Gulab Jamoon

Tuesday

Breakfast:

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

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Egg/Veg Noodles Chena Masala Gravy, Gobi Manchurian Dhal Tadka & Fruit

Afternoon Snack:

Marble Plain Cake

Evening Snack:

Tomato Bread Toast & Juice

Dinner:

Coleslaw Salad, Jeera Rice, Rumali Roti, Tava Chicken /Panner Tikka, Raitha & Chocolate Mousse

Wednesday

Breakfast:

Cornflakes, Flavoured Milk, Omelette with Onion and Tomato, Bread/Butter/Jam, Poori with Potato Sagu & Chutnev

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Chilly Chicken/Paneer, Beetroot Vegetable Fry, Pasta with sauce Curd & Fruit

Afternoon Snack:

Pav Bhajji

Evening Snack:

Veg Puffs & Juice

Dinner:

Toss Salad, Rice, Roti, Chena Dhal Gravy, Rasam, Gobi Pepper Fry & Coconut Burfi

Thursday

Breakfast:

Chocos, Flavoured Milk, Scrambled Egg, Bread/Butter/Jam, Set Dosa Veg Sagu & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Veg Kurma, Noodles with Sauce, Sambar, Rasam, Curd Curry, Papad & Fruit

Afternoon Snack:

Cup cake

Evening Snack:

Onion Samosa & Juice

Dinner:

Green Salad, Rice, Roti, Black Dhal, Mangalore Chicken/Panner Gravy, Curd, & Walnut Burfi



Friday

Breakfast:

Cornflakes, Flavoured Milk,
Masala Omelette,
Bread/Butter/Jam, Grilled
Cheese Sandwich

Morning Snack:

Fresh Juice & Cookies

Lunch:

Chicken/Veg Biryani, Capsicum
Katta, Raitha & Ice Cream

Afternoon Snack:

Veg Puffs

Evening Snack:

Chilli Bajji & Juice

Dinner:

Green Salad, Rice, Soup, Dinner
Rolls Veg/Chicken Burger,
French Fries, Sambar, Curd &
Chocolate Pastry



Saturday

Breakfast:

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

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Prawn/Panner
Gravy, Malai Kofta Gravy, &
Fruit

Afternoon Snack:

N.A.

Evening Snack:

Veg Quiches & Juice

Dinner:

Russian Salad, Egg/Veg Fried
Rice, Ginger Chicken/Panner
Sauce & Brownie with Sauce

Sunday

Breakfast:

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

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice Roti Mutton/ Panner Gravy
Veg Kadai & Ice Cream

Afternoon Snack:

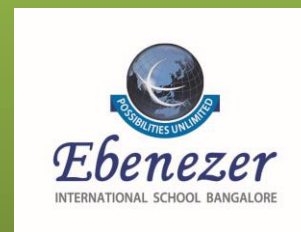
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Evening Snack:

Veg Pizza & Juice

Dinner:

Green Salad, Rice, Roti,
Pork/chicken Fry, Rajma
masala, Curd, Papad, Pickle,
Kheer and Fruits



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