



Food Menu
Sept 5th to 11th



Monday

Breakfast:

Cornflakes, Flavoured Milk,
Boiled Egg,
Bread/Butter/Jam, Poori
Potato Sagu and Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Egg Biryani, Roti, Aloo Capsicum
Masala, Raitha, Bean vegetable
fry, Curd & Fruit

Afternoon Snack:

Coconut Tart

Evening Snack:

Sloppy Joe & Juice

Dinner:

Green Salad, Rice, Roti,
Chicken/Panner Gravy Rasam,
Curd & Black Forest Pastry
with Fruit

Tuesday

Breakfast:

Chocos, Flavoured Milk,
Scrambled Egg,
Bread/Butter/Jam,
Poha with Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Egg/Veg Fried Rice with Garlic
Gobi Manchurian Gravy, Roti,
Cabbage Vegetable fry & Fruit

Afternoon Snack:

Sliced Cake

Evening Snack:

Tomato toast & Juice

Dinner:

Coleslaw Salad, Rice, Paratha
Chicken /Baby corn Mushroom
Gravy, Dhal Tadka & Coconut
Burfi with fruit

Wednesday

Breakfast:

Cornflakes, Flavoured Milk,
Masala Omelette,
Bread/Butter/Jam, Masala
Dosa and Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

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

Afternoon Snack:

Veg Puffs

Evening Snack:

Chocolate Doughnut & Cold
Coffee

Dinner:

Toss Salad, Rice, Roti, Green
Dhal Gravy, Bindi Pepper fry,
Curd & Carrot Halwa with Fruit

Thursday

Breakfast:

Chocos, Flavoured Milk, Omelette
with Onion Tomato,
Bread/Butter/Jam, Chow Chow
Bath and Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Ghee Rice, Roti, Dhal fry,
Veg Kadai, Raitha, Veg Noodles
with sauce & Fruit

Afternoon Snacks:

Hot Dog

Evening Snack:

Finger Chips & Juice

Dinner:

Green Salad, Rice, Roti Barbeque
Chicken/Panner Tikka, Dal
Palak & Brownie with Chocolate
Sauce with fruit



Friday

Breakfast:

Cornflakes, Flavoured Milk,
Fried Egg, Bread/Butter/Jam,
Grilled Cheese Sandwich

Morning Snack:

Fresh Juice & Cookies

Lunch:

Chicken/Veg Biryani, Raitha,
Baingan Bartha

Afternoon Snack:

Veg Cutlet

Evening Snack:

Panner Puffs & Juice

Dinner:

Green Salad, Rice, Roti, Lauki
with Chena Masala, Baby corn &
Potato Chilly & Gulab Jamoon
with Fruit



Saturday

Breakfast:

Chocos, Flavoured Milk, Masala
Omelette, Bread/Butter/Jam,
Chow Chow Bath & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Fish Fry, Panner
Gravy, Veg Kurma, 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, Chocolate Pudding
with Fruit

Sunday

Breakfast:

Cornflakes, Flavoured Milk,
Omelette, Bread/Butter/Jam,
Chicken Sausages, fried
Potatoes, Toast & Veg Cutlet

Morning Snack:

Fresh Juice & Cookies

Lunch:

Rice, Roti, Mutton Rogan Gosh,
Panner Gravy & Ice Cream

Afternoon Snack:

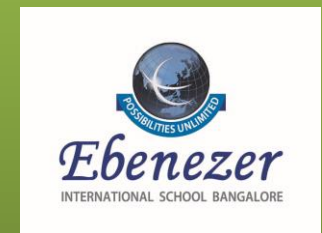
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Evening Snack:

Veg Pizza & Juice

Dinner:

Green Salad, Rice, Roti, Veg
JalFrezi, Sambar, Rasam, Curd,
Papad, Chicken fry/Beef fry,
Kheer & Fruit



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