



## Food Menu 1<sup>st</sup> & 3<sup>rd</sup> week



### Monday

**Breakfast:**

Corn flakes, Bread/ Butter/Jam, Flavoured Milk/Milk, Tomato Omelette, Idli/Vada, Sambar & Chutney

**Morning Snack:**

Fresh Fruit Juice & Cookies

**Lunch:**

Green Salad, Batura, Channa Masala, Cabbage Poriyal, White Rice, Dal Makhani, Tomato rice, Pasta sauce, Curd /Pickle, Chicken Masala & Cut fruits

**Afternoon Snack:**

Veg Puffs

**Evening Snack:**

Sandwich & Rasna

**Dinner**

Sweet Corn Soup, Green Salad, Rumali Roti, Aloo Soya, White Rice, Dal Tadka, Noodles, Chicken Cornflakes & Trifle Pudding

### Tuesday

**Breakfast:**

Chocos, Bread/Butter/Jam, Flavoured Milk/Milk, French Toast, Sevige Bath, Kesari Bath & Chutney

**Morning Snack:**

Fresh Fruit Juice & Cookies

**Lunch:**

Garden Fresh Salad, Tawa Paratha, Kadai Veg, Beetroot Poriyal, White Rice, Drumstick Sambar, Curd rice/Pickle, Puliogare Rice, Chicken Kabab & Indian Sweet

**Afternoon Snack:**

Cheese Croissant

**Evening Snack:**

Samosa & Lemon Juice

**Dinner**

Hot & Sour Soup, Green Salad, Chapathi, Rajma Masala, White Rice, Pasta Sauce, Curd/Pickle, Schezwan Chicken & Choco Lava

### Wednesday

**Breakfast:**

Corn flakes, Flavoured Milk/Milk, Fried Egg, Bread/Butter/Jam, Poori Bhaaji & Sandwich & Chutney

**Morning Snack:**

Fresh Fruit Juice & Cookies

**Lunch:**

Sprouted Salad, Chapati, Veg Kootu, Aloo Capsicum, White Rice, Methi Dal, Veg Fried Rice, Garlic Bread, Curd/Pickle, Chicken Nilgiri Khurma, & Cut Fruits

**Afternoon Snack:**

Samosa

**Evening Snack:**

Brownie & Tang

**Dinner**

Cream of Broccoli, Finger Cut Cucumber, Delhi Kulcha, Paneer Tikka masala, White Rice, Black Dal, Pickle/Curd, Chicken Tikka Masala & Payasam

### Thursday

**Breakfast:**

Chocos, Flavoured Milk/Milk Omelette, Bread/Butter/Jam, Pav-Bhaaji, Pongal with Chutney

**Morning Snack:**

Fresh Fruit Juice & Cookies

**Lunch:**

Channa Chat Salad, Phulka, Palak Paneer, Pumpkin Kootu, White Rice, Rasam, Bisibelle Bath, Veg Noodles, Curd/Pickle, Chilly Chicken & Chocolate Pastry

**Afternoon Snack:**

Red Velvet Cup Cake

**Evening Snack:**

Dil Pasand & Lemon Juice

**Dinner**

Veg. Manchow, Kimsi Papad, Kerala Paratha, Veg Korma, White Rice, Dal Panjarathan, Curd Rice/Pickle, Chicken Guntur & Fruit Custard



## Friday

### Breakfast:

Corn flakes, Bread/Butter/Jam, Flavoured Milk/Scrambled Egg, Set Dosa, Chutney & Sambar

### Morning Snack:

Fresh Fruit Juice & Cookies

### Lunch:

Finger cut cucumber, Veg Biryani, Chicken Biryani, Tomato Gojju, White Rice, Raitha, Dal Fry, Tomato Rasam, Pickle, 1 to 3 Noodles, & Ice Cream

### Afternoon Snack:

Chocolate Doughnut

### Evening Snack:

Doughnut & Tang

### Dinner

Tomato Shorba, Russian Salad, Batura, Channa Masala, White Rice, Rasam, Aloo Tikki, Curd/Pickle, Chicken Kabab & Pastry



## Sunday

### Breakfast:

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

### Morning Snack:

Fresh Fruit Juice & Cookies

### Lunch:

Green Salad, Chapati, Veg Pizza, Chicken Pizza, Rice, Sambar, Aloo Mutter, Curd Rice, Pickle & Strawberry Milkshake

### Afternoon Snack:

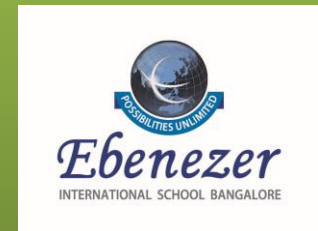
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### Evening Snack:

Onion Pakoda & Rasna

### Dinner

Veg Clear Soup, Channa Chat, Phulka, Kadai Veg, White Rice/ Dal Veg, Veg Jaipuri, Curd/Pickle, Chicken Cutlet & Ice Cream



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