



Food Menu 2nd & 4th week



Monday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Russian Salad, Chapati, Aloo Gobi Masala, Rice, Moru Kolambu, Ridgegourd Kootu, Vangi Bath, Garlic Bread, Curd/Pickle, Chicken Hyderabad & Cut fruits

Afternoon Snack:

Vada Pav

Evening Snack:

Banana Bajji & Rasna

Dinner

Sweet Corn Soup, Green Salad, Delhi Kulcha, Paneer Tikka Masala, White Rice, Rasam, Curd, Pickle, Baked Chicken Pastry

Tuesday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Garden Fresh Salad, Tawa Paratha, Methi Malai Mutter, Beetroot Poriyal, White Rice, Dal Amrithsari, Curd, Rice, Pickle, Puliogare, Saute Veg, Schezwan Chicken & Indian Sweet

Afternoon Snack:

Veg Puffs

Evening Snack:

Spl Cup Cake & Lemon Juice

Dinner

Hot & Sour Soup, Green Salad, Chapathi, Bhenidi Masala, White Rice, Sambar, Curd Rice/ Pickle, Schezwan Chicken & Banana Custard

Wednesday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Lettuce Apple Salad, Chapati, Rajma Masala, Ridgegourd Kootu, White Rice, Sambar, Veg Thai Curry, Veg Baked with Cheese Fried Rice, Boiled Veg, Raitha/Pickle, Chicken Thai Curry & Cut fruits

Afternoon Snack:

Choc Croissant

Evening Snack:

Masala Vada & Tang

Dinner

Cream of Broccoli, Finger Cut Cucumber, Chapati, Veg Pulao White Rice, Black Dal, Pickle, Curd, Chicken Kali Mirch, Moong Dal Payasam

Thursday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Aloo Chat Salad, Phulka, Malai Kofta Gravy, Veg Kootu, White Rice, Dal Palak, Bisibelle Bath, Veg Poriyal, Singapore Noodles, Curd/Pickle, Baked Schezwan Chicken & Sweet

Afternoon Snack:

Masala Bun

Evening Snack:

Hot dog roll & Lemon Juice

Dinner

Veg. Manchow, Masala Papad, Kerala Paratha, Veg Korma, White Rice, Dal Panjarathan, Rice, Dal Panjathan, Curd, Pickle, Chicken Tikka Masala & Fruit jelly



Friday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Finger cut cucumber, Bread Biryani, Mutton Biryani, Brinjal, Katta, White Rice, Raitha, Bread Butter, Tomato Rasam, Pickle, Calzone Pizza & Ice Cream

Afternoon Snack:

Veg Cutlet

Evening Snack:

Vada Pav & Tang

Dinner

Tomato Shorba, Russian Salad, Rumali, Aloo Palak, White Rice, Rasam, Curd, Pickle, Beijing Chicken & Pastry



Sunday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

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

Afternoon Snack:

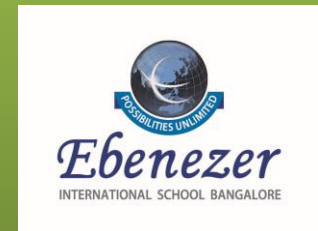
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Evening Snack:

Grilled Sandwich & Rasna

Dinner

Veg Clear Soup, Channa Chat, Phulka, Mixed Veg Curry, White Rice/ Dal Fry, Veg Fingers, Curd/Pickle, Chicken Sausage & Ice Cream



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