



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:

Green Salad, Paratha, Veg Kofta curry, White rice, Drumstick Sambar, Snake Gourd Kootu, Vaangi Bath Rice, Pasta Sauce, Chicken vindaloo, Curd/Pickle, Chicken Hyderabad, Cut fruits

Afternoon Snack:

Bombay Pav

Evening Snack:

Spring Roll & Rasna

Dinner

Salad, Soup, Chapathi, Rice, Lemon rice, Sambar, Mushroom Makhai Mutter, Schezwan Egg, Curd, Pickle, Choc Mousse

Tuesday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Channa Chat, Chapathi, Channa Masala, White rice, Dal Makhani, Carrot Beans Poriyal, Lemon rice, Veg Au gratin, Chicken Nuggets, Curd/Pickle, Honey Cake

Afternoon Snack:

Doughnut

Evening Snack:

Choco Chip Muffins & Lemon Juice

Dinner

Salad, Soup, Kerala Paratha, Mix Veg Sabji, Rice, Sambar, Chicken Lemon, Cheese Toast, Curd, Pickle, Caramel Custard

Wednesday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Coleslaw Salad, Veg Hakka Noodles, Sweet & Sour Veg, Schezwan Fried rice, Crispy Bhendi, White Rice, Rasam, Ginger Garlic Chicken, Curd Rice, Payasam

Afternoon Snack:

Veg Puffs

Evening Snack:

Calzone Chips & Tang

Dinner

Salad, Soup, Chapathi, Aloo Gobi Masala, Ghee Rice, Dal Fry, Chicken Masala, Curd/Pickle, Fruit

Thursday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Sprouted Salad, Tawa Paratha, Cabbage Poriyal, White Rice, Dal Palak, Stuffed Capsicum Gravy, Bisibelle Bath, Chicken Hyderabad, Garlic Cheese Bread, Curd/Pickle, Fresh Fruit

Afternoon Snack

Sandwich

Evening Snack:

Plum Cake & Lemon Juice

Dinner

Salad, Soup, Spaghetti with Napulion Sauce, Veg Shepherds Pie, Butter Rice, Roast Potato, Chicken Shepherds Pie, Curd, Pickle, Apple Pie



Friday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Waldrof Salad, Veg Biryani, Chicken Biryani, Brinjal Katta, 1 to 3 Noodles, Rice, Rasam, Ice Cream

Afternoon Snack:

Dil Pasand

Evening Snack:

Samosa & Tang

Dinner

Salad, Soup, Chapathi, Veg Jalfrezi, Rice, Sambar, Chicken Kabab, Curd/Pickle, Pineapple Upside down



Sunday

Breakfast:

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

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Kosembery Salad, Akki Roti, Veg Kootu, Mexican rice, Rice, Sambar, Aloo Tikki, Chicken Nuggets, Curd/Pickle, Fruit Custard, Choco Lava

Afternoon Snack:

N.A.

Evening Snack:

Grilled Sandwich & Rasna

Dinner

Salad, Soup, Gobi Paratha, Curd/Pickle, Tomato Pulao, Paneer Tikka Masala, Chicken Dhaba Style, Choc Swiss

Breakfast:

Chocos, Bread/Butter/Jam, Flavoured Milk/Milk, Egg Bhurji, Mix Veg Paratha, Curd & Pickle

Morning Snack:

Fresh Fruit Juice & Cookies

Lunch:

Garden Fresh Salad, veg Pizza, Chicken Pizza, Rice, Moong Dal, Veg Kootu, Finger Chips, Curd, Rice, Pickle, Milk Shake

Afternoon Snack:

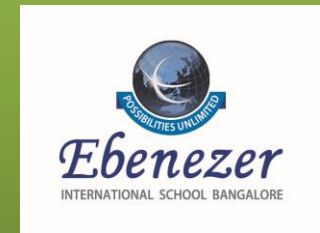
N.A.

Evening Snack:

Aloo Pakoda & Lemon Juice

Dinner

Salad, Soup, Rumali, Rice, Channa Masala, Chilly Mushroom, Chicken 65, Curd/Pickle, Fruit



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