



Food Menu 1st & 3rd week



Monday

Breakfast:

Chocos, Bread/ Butter/Jam, Milk/Flavoured Milk, Fried Egg, Idli-Vada, Chutney & Sambar

Morning Snack:

Flavoured Juice & Choc Chip Cookies

Lunch:

Green Salad, Tawa Paratha, Veg Kofta Curry, White Rice, Lemon Rice, Drumstick Sambar, Snake Gourd Kootu, Pasta-Sauce Curd, Pickle, Barbeque Chicken, Indian Sweet

Afternoon Snack:

Sandwich

Evening Snacks:

Spring roll & Flavoured Juice

Dinner

Tomato Soup, Aloo Chat, Chapathi, Aloo Channa, Veg Momos, Chicken Momos, Rice, Dal, Curd/Pickle & Pastry

Tuesday

Breakfast:

Cornflakes, Bread/ Butter/Jam, Milk/Flavoured Milk, Egg Burji, Pan Cake-Honey & Pav Baaji

Morning Snack:

Lemon Juice & Almond Cookies

Lunch:

Waldrof Salad, Batura, Channa Masala, White Rice, Tomato Bath, Moong Dal, Raw Banana Poriyal, Pizza, Curd/Pickle, Chicken Masala & Chocolate Cake

Afternoon Snack:

Veg Puffs

Evening Snacks:

Croissant & Flavoured Juice

Dinner

Sweet Corn Soup, Green Salad, Delhi Kulcha, Butter Chicken, Butter Paneer Masala, Rice, Moong Dal, Curd/Pickle & Mango Mousse

Wednesday

Breakfast:

Chocos, Bread/ Butter/Jam, Milk/Flavoured Milk, Tomato Omelette, Aloo Paratha, Curd & Pickle

Morning Snack:

Flavoured Juice & Orange Cookies

Lunch:

Sprouted Salad, Chapathi, Aloo Dum Curry, White Rice, Tamarind rice, Rajma Dal, Carrot Beans Poriyal, Veg Burgers, Curd/Pickle, Tawa Grilled Chicken & Payasam

Afternoon Snack:

Cheese Sticks

Evening Snacks:

Samosa & Flavoured Juice

Dinner

Hot & Sour Soup, Kosembari Salad, Speghti Pasta-Sauce, Veg Augratin, Chicken Shepherds Pie, Chapathi, Rice, Rajma Dal, Curd/Pickle, & Apple Pie

Thursday

Breakfast:

Cornflakes, Butter/Jam, Milk/Flavoured Milk, Scrambled Egg, Dosa & Chutney/Sambar

Morning Snack:

Flavoured Juice & Cashew Cookies

Lunch:

Chinese Salad, Veg Hakka Noodles, Gobi Manchurian, Veg Fried Rice, Veg Ball in hot garlic sauce, Chilli Chicken, White Rice, Rasam, Curd Rice, Pickle & Belgium Choc Cake

Afternoon Snack:

Cup Cake

Evening Snacks:

Doughnut & Flavoured Juice

Dinner

Veg Manchow Soup, Samosa, Chat Salad, Veg Katti Roll, Egg Chicken Roll, Chapathi, Aloo Gobi Masala, Afghani Pulao, Raitha/Pickle & Fruits



Friday

Breakfast:

Corn flakes, Bread/Butter/Jam,
Flavoured Milk/Milk, Plain
Omelette, Poori & Baaji

Morning Snack:

Flavoured Juice, Chocolate
Cookies

Lunch:

Macroni Salad, Veg Biryani,
Chicken Biryani, Raitha, Brinjal
Katta, White Rice, Sambar, 1 to 3
Noodles, Papad, Pickle & Ice
Cream

Afternoon Snack:

Bombay Pav

Evening Snack:

Aloo Bonda & Flavoured Juice

Dinner

Cream of Mushroom Soup, Green
Salad, Chapathi, Veg Burger,
Chicken Burger, French Fries,
Rice, Dal Makhani, Curd/Pickle,
Fruits (Grapes)



Sunday

Breakfast:

Chocos, Bread/Butter/Jam,
Milk/Flavoured Milk, Chicken
Sausage, Masala Dosa, Sambar &
Chutney

Morning Snack:

Fresh Fruit Juice & Ragi Cookies

Lunch:

Lettuce Apple Salad, Chapathi,
Veg Khurma, Rice, Bukhara Dal,
Kootu, Veg Pizza, Chicken Pizza,
Potato Wedges, Curd/Pickle &
Milk Shake

Afternoon Snack:

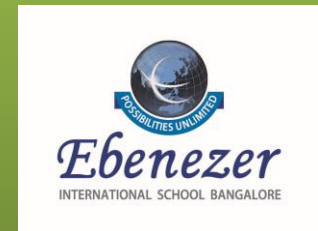
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Evening Snack:

Grilled Sandwich & Flavoured
Juice

Dinner

Tomato Shorbha, Sprouted Salad,
Chapathi, Veg Khurma, Rice,
Sambar, Gobi Manchurian,
Grilled Chicken, Curd/Pickle &
Honey Cake



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