



MEAL PLAN

	 Breakfast	 Snacks	 Lunch	 Snacks		 Dinner (For residents)	 Milk and Cookies
Monday	Corn Flakes Strawberry Fried Egg Brown bread/Peanut Butter/Jam/ Butter/cheese spread Idli Sambar / Coconut Chutney Hot N Cold Milk Fresh Fruits	Vegetable Bullet Pineapple Juice	Dal bukhara Bhindi Peanut Fry Chicken lababdar Brown onion rice Chapati Curd Garden green salad Pickle /Mix pachdi	Banana Lemon Iced Tea	Fresh Fruits	Masoor Dal Tadka Sambar Turai ki sabzi Steamed Rice Chapati Sprouts Salad Curd / Pachadi	Hot Milk Oats Cookies
Tuesday	Honey loops Masala Omelette Brown bread/Peanut Butter/Jam/ Butter/cheese spread Pav (School Bakery made) Bhaji Hot N Cold Milk Fresh Fruits	Bhel Puri Lemonade	Punjabi chana masala Sambar Kadai paneer/Soya Aloo Steamed Rice Chapati Curd Mix Salad Galub jamun / Pachdi	Dates fruitcake Watermelon Mint Juice		Gongura pappu Tawa Veg Butter Chicken Plain Rice Pulka Green Salad Curd / Pachadi	Hot Milk Dates
Wednesday	Wheat corn flakes Egg Bhujia Brown bread/Peanut Butter/Jam/ Butter/cheese spread Aloo Methi paratha Curd & Pickle Hot N Cold Milk Fresh Fruits	Butter Corn Grape juice	Dal Fry Veg Biryani Chicken Biryani Steamed Rice Mirchi ka Salan Mix Raita Onion Salad Double ka meetha	Stuffed bun Pineapple Juice		Dal triveni Rasam Paneer pasanda Steamed Rice Butter Roti Mix millet Salad Curd / Pachadi	Hot Milk Fresh Fruits
Thursday	Chocos Fried Egg Brown bread/Peanut Butter/Jam/ Butter/cheese spread Besan Chilla Tomato Chutney Hot N Cold Milk Cut Fruits	Hara Bhara Kabab Watermelon juice	Mix Dal tadka Vegetable makhnwala Egg Curry Jeera Rice Chapati Green Salad Semiya kesari Pickle / pachdi / frame papad	Grilled cheese sandwich Mix Fruit Juice		Lasooni dal tadka Soya Keema Matar Dum ka chicken Steamed Rice Butter Roti Chana chaat salad Curd / Pachadi	Hot Milk Sugarfree Cashewnut Cookies
Friday	Muesli Scrambled Egg Brown bread/Peanut Butter/Jam/ Butter/cheese spread Uttapam Sambar / Coconut Chutney Hot N Cold Milk Fresh Fruits	Veg sandwich Mint Ice tea	Dal Tadka Spaghetti Pasta With Red Sauce tomato basil sauce Capsicum Broccoli rice Garlic bread Steamed Rice beans fruit custard /pachdi	Popcorn Lemon juice		Dal Fry Sambar Aloo matar ki sabji Steamed Rice Pulka Sprout Salad Curd / Pachadi	Hot Milk Almond Cookies
Saturday	Mix Corn Flakes Masala Omelette Brown bread/Peanut Butter/Jam/ Butter/cheese spread Masala dosa Sambar / Coconut Chutney Hot N Cold Milk Fresh Fruits	Residential Programme	Maash ki dal Tendli peanut fry Chicken Masala Pulao Roti Salad Cucumber raita Chana Chaat	Samosa Cold Coffee		Mix Dal Tadka Paneer bhurji Egg Bhurji Plain Rice Chapati Green Salad Curd / Pachadi	Hot Milk Millet bites
Sunday	Corn Flakes Egg Boiled Brown bread/Peanut Butter/Jam/ Butter/cheese spread Veg Upma Tomato Chutney Hot N Cold Milk Fresh Fruits		Palak dal Tomato Rasam Tawa veg Plain Rice Chapati Tossed salad Jeera Raita Coconut laddu/ pachdi	Veg Calzone Pineapple Juice		Tomato Moong Dal Mushroom matar Chicken kolhapuri Plain Rice Chapathi Mix Salad Curd / Pachadi	Hot Milk Dates