

MENU FOR MARCH 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST # 2 pc fruit for Vegetarian # 1 pc fruit + 1 Egg for eggitarian	Methi Parantha, Aloo Sabzi, Pickle, [Egg Bhurji (2 eggs) / 2 pc Banana] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Pav Bhaji, (Pav upto 6 pcs) [2 pc Boiled Egg / Sprouts] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Idli, Sambhar, Vada (2 pcs), Chutney, [Omelette (2 eggs) , 2 pc Papaya] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Matar Kulcha, Pickle, [2 pc Boiled Egg / Sprouts] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Poha, Chutney, [Omelette (2 eggs) / 2 pc Banana] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Aloo Pyaaz Parantha, Chutney, [Egg Bhurji (2 eggs) / Apple] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Ajwain Poori, Aloo, [2 pc Boiled Egg / Papaya] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder
LUNCH	Dal Makhni, Mix Veg, Peas Pulao, Boondi Raita, Roti, Salad, Papad	Rajma, Cabbage Aloo Matar, Plain Rice, Veg Mix Raita, Roti, Salad, Fryums	Kala Chana, Gobhi Aloo, Kheera Raita, Plain Rice, Salad, Papad	Kadhi, Jeera Aloo, Plain Rice, Roti, Salad, Fryums	Arhar Dal, Keema Matar, Jeera Rice, Roti, Salad, Papad	Chole Bhature, Plain Rice, Salad, Plain Curd, Fryums, Jal Jeera	Mix Dal, Aloo Methi, Tomato Rice, Roti, Salad, Papad
EVENING SNACKS	Samosa, Tea	Bread Pakora with Chutney, Coffee	Corn Chaat, Tea	Macroni, Coffee	Masala Idli, Tea	Veg Noodles, Coffee	Veg Mayo Sandwich, Tea
DINNER	Dal Mix, Soyabean Matar, Plain Rice, Roti, Salad, Jalebi (2pcs)	Urad Chana Dal, Aloo Palak Bhurji, Plain Rice, Roti, Salad	Chicken Curry (2pc), Kadhai Paneer, Sabut Moong Dal, Jeera Rice, Roti, Salad, Gulab Jamun	Masoor Dal, Mix Veg Kofta, Jeera Rice, Roti, Salad	Egg Curry, Soya Chaap, Yellow Moong Dal, Plain Rice, Roti, Salad, Sewaiyan Kheer	Arhar Dal, Besan Gatta Curry, Plain Rice, Roti, Salad	Chicken Biryani, Malai Kofta, Veg Biryani, Mint Raita, Roti, Salad, Suji Halwa

Timings: Breakfast – 7:30 AM – 10:00 AM

Lunch – 12:30 PM – 2:30 PM

Snacks – 5:00 PM – 6:20 PM

Dinner – 8:00 PM – 9:30 PM

- Bread (White & Brown), Butter, Jam (Mixed fruit Jam/ Orange Marmalade), Cornflakes, Milk/Tea/Coffee and Chocolate Powder will be there every day in Breakfast.
- Salad, Lemon Slices, Pickle will be there every day in Lunch and Dinner.
- For breakfast, only two pieces of Vada will be served on Wednesday.

Few Important Points are mentioned below:

1. You will be given only 1 of the following for breakfast: 2 eggs or 2 fruits or 1 fruit + 1 egg (in case of Pear, 2 eggs or 1 fruit).
2. If you wish to purchase extra eggs, it will cost Rs. 10 / egg.
3. Similarly, for milk, you are allowed to have a glass of milk (200ml), if you wish to purchase extra, it can be done for Rs. 10 / glass.
4. Cost for Breakfast: Rs. 40
 Cost for Lunch: Rs.60
 Cost for Evening Snacks: Rs. 25
 Cost for Dinner: Rs. 50 (for Monday, Tuesday, Thursday, Saturday)
 Rs. 70 (for Wednesday, Friday, Sunday)
 Rs. 70 (for Wednesday, Sunday only non-veg)