

MENU FOR JANUARY 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	Aloo Pyaaz Parantha, Chutney, [Egg Bhurji (2 eggs) / Apple] 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	Ajwain Poori, Aloo, [2 pc Boiled Egg / Papaya] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder
LUNCH	Dal Makhni, Keema Matar, Peas Pulao, Boondi Raita, Roti, Salad, Papad	Rajma, Cabbage Aloo Matar, Plain Rice, Veg Mix Raita, Roti, Salad, Papad	Kadhi, Jeera Aloo, Plain Rice, Roti, Salad, Papad	Kala Chana, Gobhi Aloo, Kheera Raita, Plain Rice, Salad, Fryums	Arhar Dal, Mix Veg, Jeera Rice, Roti, Salad, Fryums	Chole Bhature, Plain Rice, Salad, Plain Curd, Fryums, Jal Jeera	Mix Dal, Aloo Methi, Tomato Rice, Roti, Salad, Papad
EVENING SNACKS	Macroni, Tea	Samosa, Coffee	Corn Chaat, Tea	Veg Sandwich, Coffee	Mix Pakora, Tea	Veg Noodles, Coffee	Bread Pakora with Chutney, Tea
DINNER	Dal Mix, Mix Veg Kofta, Plain Rice, Roti, Salad, Jalebi(2pcs)	Urad Chana Dal, Sarson ka Saag, Plain Rice, Roti, Salad	Chicken Curry (2pc), Kadhai Paneer, Sabut Moong Dal, Jeera Rice, Roti, Salad, Gulab Jamun	Masoor Dal, Soyabean Matar, Jeera Rice, Roti, Salad	Egg Curry, Matar Paneer, Yellow Moong Dal, Plain Rice, Roti, Salad, Rice Kheer	Arhar Dal, Aloo Gajar Matar, 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)