

MENU FOR NOVEMBER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST # 2 pc fruit for Vegetarian # 1 pc fruit + 1 Egg for eggetarian	Ajwain Parantha, Aloo Sabzi, Pickle, [Egg Bhurji (2 eggs) / 2 pc Banana] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Vegetable Roasted Daliya, [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	Mix Veg Upma, Chutney, [Omelette (2 eggs) / Pear] 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) / Sprouts] 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	Dhaba Dal, Mix Veg, Jeera Rice, Boondi Raita, Roti, Salad, Papad	Kala Chana, Gobhi Aloo Matar, Rice, Veg Mix Raita, Roti, Salad, Fryums	Arhar Dal, Keema Matar, Jeera Rice, Plain Curd, Roti, Salad, Fryums	Rajma, Cabbage Aloo Matar, Jeera Rice, Veg Mix Raita, Roti, Salad, Papad	Mix Dal, Palak Soyabean, Jeera Rice, Roti, Salad, Papad	Chole Bhature, Plain Rice, Salad, Plain Curd, Fryums, Jal Jeera	Kadhi, Jeera Aloo, Plain Rice, Roti, Salad, Papad
EVENING SNACKS	Corn Chaat, Tea	Veg Mayo Sandwich, Coffee	Veg Aloo Bonda, Tea	Veg Macroni, Coffee	Masala Idli, Tea	Veg Noodles, Coffee	Bread Pakora with Chutney, 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	Black Masoor Dal, Mix Veg Kofta, Jeera Rice, Roti, Salad	Egg Curry, Matar Paneer, Chana Dal, Plain Rice, Roti, Salad, Suji Halwa	Arhar Dal Tadka, Palak Corn, Plain Rice, Roti, Salad	Chicken Biryani, Malai Kofta, Veg Biryani, Mint Raita, Roti, Salad, Kheer

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

Lunch – 12:30 PM – 3:00 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.
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)