

# MENU FOR OCTOBER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>  # 2 pc fruit for Vegetarian  # 1 pc fruit + 1 Egg for eggitarian	Ajwain Parantha, Aloo Sabzi, Pickle, [ Egg Bhurji (2 eggs) / 2 pc Banana]  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	Idli, Sambhar, Vada ( 2 pcs), Chutney, [ Omelette (2 eggs) , 2 pc Papaya]  Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Vermicelli Upma, Chutney, [ 2 pc Boiled Egg / Pear]  Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Aloo Pyaaz Parantha, Chutney, [ Egg Bhurji (2 eggs) / 2 pc Banana]  Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Poha, Chutney, [ Omelette (2 eggs) / Sprouts]  Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Pav Bhaji, [ 2 pc Boiled Egg / Papaya]  Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder
<b>LUNCH</b>	Dal Makhni, Mix Veg, Jeera Rice, Boondi Raita, Roti, Salad, Papad	Rajma, Cabbage Aloo Matar, Jeera Rice, Veg Mix Raita, Roti, Salad, Papad	Arhar Dal, Keema Matar, Jeera Rice, Plain Curd, Roti, Salad, Fryums	Poori Chana, Kheera Raita, Aloo Beans, Plain Rice, Salad, Fryums	Mix Dal, Aloo Soyabean, Jeera Rice, Roti, Salad, Papad	Chole Bhature, Plain Rice, Salad, Plain Curd, Fryums, Jal Jeera	Kadhi, Jeera Aloo, Plain Rice, Roti, Salad, Papad
<b>EVENING SNACKS</b>	Samosa, Tea	Chilli Potato, Coffee	Bread Pakora, Tea	Noodles, Coffee	Sandwich, Tea	Macroni, Coffee	Mix Pakora, Tea
<b>DINNER</b>	Dal Mix, Soyabean Matar, Plain Rice, Roti, Salad, Jalebi (2pcs)	Ghiya Chana Dal, Bhindi Masala, Plain Rice, Roti, Salad	Chicken Curry (2pc), Kadhai Paneer, Sabut Moong Dal, Jeera Rice, Roti, Salad, Gulab Jamun	Urad Chana Dal, Ghiya Kofta, Jeera Rice, Roti, Salad	Egg Curry, Matar Paneer, Yellow Moong Dal, Plain Rice, Roti, Salad, Rice Kheer	Arhar Dal, Aloo 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.
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)