

Menu for September 2024			
Monday	BREAKFAS	Methi Paratha & Sabji	Banana, Boiled egg, Bread, Butter, Jam, Milk, Sugar, Cornflakes, sprouts- chana, Bournvita, Tea, Coffee
	LUNCH	Plain rice, Moong Dal, Malai Kofta / Mix Veg Kofta, Dum aloo, Masala Chaas	Butter Chapatti, Green Salad, pickle
	SNACKS	Veg Cutlet, Ketchup	Tea, Coffee
	DINNER	Jeera rice, Mix dal, Mix Veg, (Chilly Paneer)Paneer Butter masala /Egg curry	Butter/ Ghee Chapatti, Green Salad, pickle
Tuesday	BREAKFAS	Idli & (Medu Vada / Fried Idli), Sambhar, Coconut Chutney, Tamatar Chutney	Bread, Butter, Jam, Milk, Sugar, Cornflakes, sprouts-boiled chana with onions, tomatoes jeera, Bournvita, Tea, Coffee
	LUNCH	Veg tikki pulao, Dal Tadka, Veg Koftapuri, Nutri Matar (Minced soya), Lassi	Butter/ Ghee Chapatti, Green Salad, pickle
	SNACKS	Grilled Veg Sandwich, ketchup	Tea, Coffee
	DINNER	Plain rice, Chole Bhature, Sambhar, Cabbage aloo, Ice-cream (vanilla /Strawberry/Chocolate 1 scoop)	Butter/ Ghee Chapatti, Green Salad, pickle
Wednesday	BREAKFAS	Paav Bhaji / Misal Paav	Banana, Boiled egg, Bread, Butter, Jam, Milk, Sugar, Cornflakes, sprouts-boiled chana with onions, tomatoes jeera, Bournvita, Tea, Coffee
	LUNCH	Plain rice, Urad Dal, Kadhi pakoda, Aloo Masala, Boondi Raita	Butter Chapatti, Green Salad, pickle
	SNACKS	Masala Corn Chat	Tea, Coffee
	DINNER	Veg biryani/chicken biryani, arhar dal (only veg), Mushroom matar, Pudina Chas, Rasgulla	Butter/ Ghee Chapatti, Green Salad, pickle
Thursday	BREAKFAS	(Matar Aloo Sabji and Palak Pooni) / (Ringing aloo and flavored poori), pickle	Bread, Butter, Jam, Milk, Sugar, Cornflakes, sprouts-boiled chana with onions, tomatoes jeera, Bournvita, Tea, Coffee,
	LUNCH	Barista rice (onion rice), Dal Fry, Chilli Aloo, Methi matar Malai , Seasonal fruits (min 3 types)	Butter/ Ghee Chapatti, Green Salad, pickle
	SNACKS	Noodles / Pasta, Ketchup	Tea, Coffee
	DINNER	Plain rice, Aamras Dal, Bhindi Fry, Aloo matar, Cup Cake	Butter/ Ghee Chapatti, Green Salad, pickle
Friday	BREAKFAS	Masala Dosa, sambhar, nariyal chutney,tamatar chutney	Banana, Boiled egg, Bread, Butter, Jam, Milk, Sugar, Cornflakes, sprouts-boiled chana with onions ,tomatoes jeera, Bournvita, Tea, Coffee
	LUNCH	Plain rice, Masoor Dal, Fry Kala Chana, Aloo Tamatar, Curd	Butter Chapatti, Green Salad, pickle
	SNACKS	Aloo Tikki / Dal Kachori, Chutney	Tea, Coffee
	DINNER	Paneer biryani/Egg biryani, Arhar-Masoor Dal, Navratna Korma, Moong Dal Halwa	Butter/ Ghee Chapatti, Green Salad, pickle
Saturday	BREAKFAS	Aloo Pyaz paratha, curd, pickle	Bread, Butter, Jam, Milk, Sugar, Cornflakes, sprouts- boiled chana with onions, tomatoes jeera, Bournvita, Tea, Coffee,
	LUNCH	Plain rice,Rajma Masala, Crispy Potato, Nutri Matar (Minced Soya), Seasonal fruits (min 3 types)	Butter/ Ghee Chapatti, Green Salad, pickle
	SNACKS	Samosa, green chutney, and red chutney	Tea, Coffee
	DINNER	Plain rice, Pancharutni Dal, Bajre ki Roti, Aloo chana, Baingan Bharta/ Pumpkin masala	Butter/ Ghee Chapatti, Green Salad, pickle
Sunday	BREAKFAS	Chole Kulche	Banana, Boiled egg, Bread, Butter, Jam, Milk, Sugar, Cornflakes, sprouts-boiled chana with onions, tomatoes jeera, Bournvita, Tea, Coffee
	LUNCH	Veg fried rice, Dal Makhani, Manchurian, Chole Aloo, Papad (Large), Lassi	Butter Chapatti, Green Salad, pickle
	SNACKS	Pani poori with mashed masala aloo and chana	Tea, Coffee
	DINNER	Jeera rice, Moongmasoor dal, Kadhai chicken/Kadhai paneer, Aloo jeera, Gulab Jamun	Butter/ Ghee Chapatti, Green Salad, pickle