

SCHEDULE	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Poha	Bread Omelette OR boiled eggs	Muesli with sofit OR Granola with curd	Poha	Chhole poori	Bread Omelette OR boiled eggs	Muesli with sofit OR Granola with curd
Lunch	Paneer OR Sabzi	Khichdi	Chicken curry OR chicken biryani	Khichdi	Paneer OR Sabzi	Khichdi	Chicken curry OR chicken biryani
Dinner	Beetroot parantha	Roti sabzi	Idli chutney	Beetroot parantha	Roti sabzi	Dhokla	Idli chutney