

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Aloo onion paratha	Poori	Mix Paratha	Poha	Idli	Methi/Palak paratha	Masala Onion Dosa
	Chutney	Chana Masala	Dhaniya Chutney	Green Chutney	Sambhar & chutney	Aloo Tamatar Sabji	Sambar
	Curd	Halwa	Curd				Coconut Chutney
	Fruits/ Eggs			Fruits/ 2 Omlette	2 Banana/ 2 Eggs	Fruits / 2 Eggs	
	Daliya	Cornflakes	Daliya	Daliya	Cornflakes	Cornflakes	Daliya
	Milk(200 ml)	Milk(200 ml)	Milk (200 ml)	Milk (200 ml)	Milk(200 ml)	Milk (200 ml)	Milk (200 ml)
	Bread (4 slices)	Bread (4 slices)	Bread (4 slices)	Bread (4 slices)	Bread (4 slices)	Bread (4 slices)	Bread (4 slices)
	Butter	Butter	Butter	Butter	Butter	Butter	Butter
	Jam	Jam	Jam	Jam	Jam	Jam	Jam
	Bournvita	Bournvita	Bournvita	Bournvita	Bournvita	Bournvita	Bournvita
	Coffee Powder/ Tea bags	Coffee Powder/ Tea bags	Coffee Powder/ Tea bags	Coffee Powder/ Tea bags	Coffee Powder/ Tea bags	Coffee Powder/ Tea bags	Coffee Powder/ Tea bags
	Sprouts(Black Chana+ Moong+Lemon)	Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)
Lunch	Arher Dal	Moong Dal	Kadhi Pakora	White Chole	Rajma	Paneer Bhurji, Egg Bhurji	Bhature
	Veg. Kofta	Cabbage-Matar	Kaddu Khatta	Aloo Began Bhartha	Aloo Tamatar Sabzi	Chana Dal	Chole
		Rice	Masala Papad/ Fryums	Poori	Jeera Rice		Green Chutney
	Roti	Roti	Roti	Butter Milk	Roti	Roti	Fried Masala Chilli
	Rice		Jeera Rice	Khichdi		Rice	Rice
		Bundi Raita			Curd		Butter Milk
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle
Dinner	Mix Veg (gajar+paneer or Mushroom+bean +gobi+matar)	Sarso ka Saag	Kadahi Paneer/ ChickenCurry	Mix Veg (gajar+paneer or Mushroom+bean +gobi+matar)	Paneer butter masala/Egg Curry	Aloo Gobhi	Paneer Biryani/ Chicken Biryani
	Rongi Dal	Dal Makhni	Red Massor Dal	Dal Tadka	Mix Dal	Dal Fry	Aloo soyabean
	Motichur Laddu	Besan Halwa	Fruit Custard	Besan Burfi	Gulab Jamun	Kheer	Raita
	Roti	Roti	Roti	Roti	Roti	Roti	Gajar Halwa
	Rice	Rice	Rice	Rice	Rice	Rice	Roti
	Pickle	Pickle	Pickle	Pickle	Pickle	Pickle	
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Lemon	Lemon	Lemon	Lemon	Lemon	Lemon	Lemon + Pickle
Green Salad:- Beet-root, Onion(Compulsory), Carrot, Tomato, Cucumber (At Least 2).							