



Food Menu (Session 2023-24)

(wef: 01.04.2023)

DAYS	MORNING	BREAKFAST	LUNCH	SNACKS	DINNER	NIGHT
Monday	Fresh Juice	Idli / Uttapam, Sambhar, Nariyal Chutney	Salad, Dal Makhni, Malai Kofta, Rice, Chapati, Mix Raita	Bhelpuri	Salad, Dal tadka, Seasonal veg, Rice, Chapati, Plain curd, Gulab Jamun	Warm Plain Milk
Tuesday	Fresh Juice	Poha/ Upma, Green Chutney	Salad, Chana Masala, Dal, Jeera Rice, Chapati, Buttermilk	Dahi vada	Salad, Dal Palak, Green veg, Tomato rice, Chapati, Kheer	Warm Plain Milk
Wednesday	Fresh Juice	Cheela, Green Chutney/ Veg Paratha, Curd, Pickle	Salad, Rajma Masala, Stuffed Bell Pepper, Chapati, Rice, Curd	Pakora (Dal, Mix veg, Paneer)	Salad, Kadhai Paneer, Yellow Dal Tadka, Kheera raita, Lemon rice, Chapati, Rasgulla	Warm Plain Milk
Thursday	Fresh Juice	Masala dosa / Vada, Nariyal chutney, Sambhar	Salad, Gatta sabzi, Moong Dal, Chapati, Rice, Curd	Corn Chaat	Salad, Veg Manchurian, Fried rice, Curd, Jalebi rabdi	Warm Plain Milk
Friday	Fresh Juice	Oatmeal/ Porridge	Salad, Poori, Aalo Pyaz Sabzi, Boondi Raita, Jeera rice	Veg/Paneer Sandwich	Salad, Veg biryani, Tomato curry, Onion raita, Chapati, Halwa	Warm Plain Milk
Saturday	Fresh Juice	Dhokla and chutney	Salad, Kadi Pakoda, Dal, Rice, Chapati, Papad, Curd	Papdi Chaat/ Fruit Chaat	Salad, Veg fried rice, any green vegie, Dal, Chapati, Curd, Brownie	Warm Plain Milk
Sunday	Milk and fruits	Pav Bhaji/ Chole Bhature	Salad, Mix veg, Black Masoor Dal, Rice, Chapati, Curd	Spring roll / Pasta	Salad, Paneer butter masala, arhar dal, Rice, Chapati, Fruit custard	Warm Plain Milk

Note: Bread- Butter- Jam, Cornflakes, Sprouts, Boiled eggs, Milk will be served additionally in breakfast.

Fruits will be served along with evening snacks daily.

Lemonade will be served after evening games daily.