

Gaura's Secret Recipe - Weekly Menu								
	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Core Item 1	Mix Veg Paratha	Medu Vada and Rava Upma	Idly	Bedmi Puri and Aloo Sabji	Indori Poha - Sev	Masala Dosa with Sambar	Aloo Toast Sandwich (1)
	Core Item 2	With Chutney	with Sambar & Chutney	with Sambar & Chutney			and Chutney	Sevainya Upma
	Fruit / Egg	-	Banana (1)	Boiled Egg (1)	-	Boiled Egg (1)	Banana (1)	-
	Bread Butter Jam	Bread Butter Jam	Bread Butter Jam	Bread Butter Jam	-	Bread Butter Jam	Bread Butter Jam	
	Tea/ Coffee / Milk	Tea, Coffee & Milk (150 MI)	Tea, Coffee & Milk (150 MI)	Tea, Coffee & Milk (150 MI)	Tea, Coffee & Milk (150 MI)	Tea, Coffee & Milk (150 MI)	Tea, Coffee & Milk (150 MI)	Tea, Coffee & Milk (150 MI)
	Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Salad	Salad	Salad	Salad	Salad	Salad		Salad
	Phulka	Methi Puri	Phulka	Phulka	Phulka	Phulka	Bhature	Phulka & Honey Chilli Potato (1 serving)
	Main Course	Kala Channa	Mix Veg Dry	Aloo Beans	Sev tamatar	Aloo Methi	Masala Chole	Bhindi Do Pyaza
	Lentil	Dal Fry	Rajma	Veg Ball Manchurian	Litti Chokha	Dal fry	Masala Onion	Rajma
	Rice/ Flavour Rice	Onion Rice	Jeera Rice	Burnt Garlic Veg Fried Rice	Rice & Dal	Jeera Rice	Tawa Pulao	Steamed Rice
	Accompanied	Pickle, Curd	Butter Milk , Garlic Chutney	Pickle	Pickle, Curd	Curd	Butter Milk , Pickle	Pickle, Raitha
	Sweet	Suji Halwa				Gulab Jamun		
	Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Salad	Salad	Salad	Salad	Salad	Salad	-	
	Phulka	Phulka	Phulka	Phulka	Plain Paratha	Phulka	Phulka	Phulka
	Main Course	Veg Kofta (3)	Masala Baingan	Achari Paneer(6) & Kadai Chicken(3)	mix veg dry	Masala Bhindi	Veg Jalfreji	Palak Paneer (6) & Butter Chicken(3)
	Lentil	Green Moong Dal Fry	Kadhi Pakoda	Dal Fry	Raitha	Mix Dal		Dal Tadka
	Rice/ Flavour Rice	Steamed Rice	Steamed Rice & Kichdi	Steamed Rice	Veg Dum Biryani	Steamed Rice	Arrabiata - Penne - 1 Serving	Steamed Rice
	Accompanied	Garlic Chutney		Butter Milk	Pickle	Fryums , Pickle	Iced Tea	Butter Milk
	Sweet							