

DAYS	BREAKFAST		LUNCH		SNACKS	DINNER	
	BASIC:- BANANA 1PC, TEA		2 TYPE RICE, DAL, SAMBHAR & PICKLE, SALAD		TEA/COFFEE	2 TYPE RICE, DAL & SAMBHAR, PICKLE, SALAD	
MONDAY	METHI/ONION PARATHA +ALU MOTTOR SABJI	MILK 150 ml, BREAD,BUTTER/JAM, CORNFLAKES	B. RICE, E RIC, SAMBHAR, SALAD ROTI, PICKLE, PALAK DAL		MASALA MOORI, TEA	MIX VEG CURRY, SALAD, PICKLE, ROTI,RICE KHEER PR SEMAI KHEER, SHANNADAL, TOMATO RICE	
			ALU GREEN PEAS	FISH CURRY 1PC 50 GRM			
TUESDAY	IDLY 4 PC, CHATNI	BREAD, BUTTER/JAM, EGG 1 PC OR MILK 150 ML	B RICE, R RICE,SAMBHAR, SALAD, ROTI, PICKLE, KADI PAKORA +DAL		PAW 3 PC, BHAJI, TEA	B RICE, R RICE, SAMBHAR, SALAD, PURI (5 PC) + ALOO GREEN HARD MOTTOR + DAL, NO ROTI	
			LAUKI CHANNADAL	EGG (1 PC)			
WEDNESDAY	UTTAPAM(2 PC), SAMBHAR, CHATNI	MILK 150 ml, BREAD,BUTTER/JAM, CORNFLAKES	B RICE, R RICE, SAMBHAR, SALAD, ROTI, PICKLE, ALU GOBI CURRY, BOONDI RAITA +DAL		VEG PATTIES 1 PC, TEA	BRICE, R RICE, SAMBHAR, SALAD, ROTI, PICKLE +DAL	
						MOTTOR PANEER/PALAK PANEER (50 GRM)	CHICKEN CURRY (1215 GM) 3 PC
THURSDAY	POHA, CHATNI, BHUJIA	BREAD, BUTTER/JAM, EGG 1 PC OR MILK 150 ML	B RICE, R RICE, SAMBHAR, ROTI , SALAD, KABALI CHANA, +CURD+DAL		DOHI VADA 2 PC +SWEET CHATNI, TEA	DAL MAKHANI, ROTI, SALAD, VEG PULAO,SWEET 1 PC(ROSOGULLA/GULAB JAMUN)	
						PULAO	
FRIDAY	VEG SANDWICH(2PC), SWEET SAUCE/TOMATO SAUCE	BREAD OMELETTE (1 PIC + SWEET CHUTNEY/TOMATO SAUCE)	B RICE, R RICE, SAMBHAR, ROTI, PICKLE, DAL, ,DRY SOYABEAN CURRY		VEG CHOWMEIN , TEA	FRIED RICE, DAL, ROTI	
			RAJMA CURRY	FISH CURRY 1PC 50GRM		KADAI PANEER(50 GRM)	KADAI CHICKEN (125 GRM)
SATURDAY	CHOLA BHATURA (2PC +SABJI)	MILK 150 ml, BREAD,BUTTER/JAM, CORNFLAKES	B RICE, R RICE, SAMBHAR, SALAD , ROTI, PICKLE, DAL, RED PUMPKIN WITH BLACK CHANNA + CURD + DAL		BREAD VEG BHUJIA, TEA	JEERA RICE + CHANA DAL/KHICHDI PAPAD	
SUNDAY	MASALA DOSA (1 PC), CHATNI, SAMBHAR	BREAD, BUTTER/JAM, EGG 1 PC OR MILK 150 ML	RAITA		SAMOSA 2PC+ DHANIYA +PUDINA CHATNI, COFFEE	ROTI, SLAAD, PICKLE +LEMON RICE, ALOO CHOKA	
			VEG BIRYANI PANEER MATAR MASALA 50 GRM, SWEET 1 PC	BIRYANI + 100GRM CHICKEN 2 PIC +1 PC EGG		VEG KOFTA (2PC) CURRY	EGG CURRY (1PC)