

Week 2	Structure	Monday 26/1	Tuesday 27/1	Wednesday 28/1	Thursday 29/1	Friday 30/1	Saturday 31/1	Sunday 1/2	
Breakfast	Main dish	Aloo Paratha	Idli/Vada	Sevai Upma	Aloo Matar Poha	Onion Uttapa	Puri	Mysore Masala Dosa	
		Schezwan chutney, Dahi	Coconut Chutney, Sambar	Coconut Chutney	Onion, Sev	Coconut chutney, sambar	Aloo Bhaji	Sambhar,Chutney	
	Egg/Omelette/bhurji	Egg bhurji	Egg omelette	Egg bhurji	Egg bhurji	Egg bhurji	Egg omelette	Egg Bhurji	
	Panner Bhurji	Panner Bhurji	Panner Bhurji	Panner Bhurji	Panner Bhurji	Panner Bhurji	Panner Bhurji	Panner Bhurji	
	Cereals	Chocos/Bournvita/Muesli	Chocos/Bournvita/Oats	Chocos/Bournvita/Muesli	Chocos/Bournvita/Oats	Chocos/Bournvita/Muesli	Chocos/Bournvita/Oats	Chocos/Bournvita/Oats	
	Sprouts	Boiled Peanut	Boiled Peanut	Boiled Corn	Matki ussal	Moong sprouts	Corn Chat	Chana sprouts	
	Bread Butter Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	
	Tea and Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea and coffee	Tea/Coffee	Tea/Coffee	
	Fruit/egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana/ Boiled Egg	Banana/ Boiled Egg	
	Milk	Milk	Milk	Milk	Milk	Milk/Juice	Milk/Juice	Milk/Juice	
Lunch	Dry	Aloo Jeera	Karela Chatpata	Arabi Amritsari	Cabbage Kolhapuri	Mix veg	Mix Sprouts Dry	Red Pumkin Dry	
	Gravy	Black Chana Masala	Panner Handi	Pindi Chole	Punjabi Dum Aloo	Rajma Masala	Navratan Korma	Chole	
	Dal	Daal	Daal	Dal Panchratna	Daal	Dal	Dal Fry	Daal	
	Sp Rice	Tadka Rice	Jeera Rice	Masala Khichdi	Curd Rice	Dal Khichdi	Tadka Rice	Pudina Rice	
	Indian Bread	Roti	Roti	Puri	Roti	Roti	Roti	Bhature	
	Pickle	Mix pickle	Mango Pickle	Mix pickle	Mix pickle	Mix pickle	Mix pickle	Mix pickle	
	Curd/Raita/ Lassi/Chhaas	Curd	Masala Chhaas	Shrikhand	Nimbu Pani	Dahi	Rasna	Lassi	
	Rasam/Sambar	Sambar	Rassam	Sambar	Rassam	Sambar	Rassam	Sambar	
	Papad	Fryums	Appalam Papad	Rice Papad	Fryums	Roasted Papad	Roasted Papad	Fried Papad	
	Salad	salad	salad	salad	salad	Salad	salad	Salad	
Tiffin	Plain rice	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice	
	Extra	Chicken	Chicken Tikka	Chicken 65		Chicken Handi/		Chicken Koliwada	
	Snack	Misal Pav	Veg Hakka Noodles	Veg Mayo Sandwich	Dahi Kachori Chaat		Sev Puri	Veg Cheese Burger	
	BBJ, Milk, Tea, Coffee	Bread, Butter and Mix jam	Bread Butter, Peanut Butter and Mix jam	Bread, Butter and Mix jam	Bread, Butter and Mix jam	Bread Butter and Mix jam	Bread Butter and Mix jam	Bread Butter and Mix jam	
	Tea and Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee		Tea/Coffee	Tea/Coffee	
	Milk	Milk	Milk	Milk	Milk		Milk	Milk	
	Fruits	Fruits	Fruits	Fruits	Fruits		Fruits	Fruits	
Dinner	Dry Vegetable	Tawa Veg	Capsicum Corn	Aloo Matar	Raw Banana Dry		Beans Poriyal	Soyabean Chili	
	Curry	Akkha Masoor Gravy	Kofta Curry	Veg Kolhapuri	Sev Masala		Panner Kadhai/ egg masala	Aloo Matar	
	Dal	Dal	Dal Tadka	Mix Dal			Dal	Dal Panchratna	
	Salad	Salad	Salad	Salad	SPECIAL DINNER	Salad	Salad		
	Roti (with and without Ghee)	Roti	Roti	Roti	Roti		Roti	Roti	
	Plain / Special Rice	Coconut Rice	Tadka Rice	Basebele Bhat	Masala Rice		Masala Kichdi	Veg Biryani + Raita	
	soups/chutney	Dry Peanut Chutney	Hot n Sour Soup	Tomato Chutney	Tomato Soup		Dry Peanut Chutney	Mirchi Techa	
	Rasam/Sambar	Rasam	Sambar	Rasam	Sambar		Sambar	Rasam	
	Sweet Dish / Desserts	Shahi Tukda	Pineapple Sheera	Ras Malai	Gulab Jamun		Imarti	Ice Cream	
	Extra	Chicken Sookha	Chicken Lucknow Biryani	Chicken Rogan Josh		Chicken Pahadi	Chicken Hyderabad Biryani		