

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast						
Uttapam + Sambhar + Chutney / Sandwich (Aloo, pyaz, tamatar) + Sauce	Vermicelli / Chhola samosa	Bedhayi / Mix Paratha + Kachalu((Aloo matar) / Green Chutney + Sauce	Idli / Medu wada Sambhar chutney	Poha Jalebi + Namkeen	Masala Dosa + Sambhar + Chutney	Aloo Paratha+ Green Chutney / Misal pav + Sauce
Cornflakes + Sprouts	Daliya + Sprouts	Chocos + Sprouts	Cornflakes + Sprouts	Daliya + Sprouts	Chocos + Sprouts	Daliya + Sprouts
Bread Jam Butter	Bread Jam Butter	Bread Jam Butter	Bread Jam Butter	Bread Jam Butter	Bread Jam Butter	Bread Jam Butter
Milk, Tea, Coffee	Milk, Tea, Coffee	Milk, Tea, Coffee	Milk, Tea, Coffee	Milk, Tea, Coffee	Milk, Tea, Coffee	Milk, Tea, Coffee
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Lunch						
Red/White Rajma	Litti Chokha	Palak corn	Chana Masala +Ajwain / Palak Poori + Aloo Matar Sabji	Aloo Gobhi Matar Tamatar	Chhole	Aloo Patta Gobhi Matar Tamatar
Gobhi masala	Arhar daal with full tadka + Rasam	Sambhar + Lauki Arhar Dal	Rasam + Moong Dal	Arhar Dal Tadka	Bhatura	Palak Dal full tadka
Lauki Raita	Curd	Boondi Raita	Creamy Raita	Boondi Raita	Lassi	Curd
Rice	Roti	Rice, Papad	Rice	Rice	Jeera Rice	Rice
Roti, Salad	Salad	Roti, Salad	Salad	Roti, Salad	Mix Pickle, Salad	Roti, Salad
Dinner						
Mix veg	Mashroom with lahsun	Aloo soyabean + Rasam	Palak Baigan Matar Aloo	Veg Kolhapuri	Tehri + Aloo Bhujiya + Papad	Punjabi Paneer/ matar paneer/ paneer bhurji
Dal makhni	Palak Dal	Arhar Dal	Dal makhni	Mix dal	Chana Dal	Kali masoor Dal with chhilka
Jeera Rice	Rice	Rice	Rice	Rice	Roti	Fried Rice
Roti, Salad	Roti, Salad	Roti, Salad	Roti, Salad	Roti, Salad	Salad	Roti, Salad
Kalakand/Imarti	Sewai/ Kheer	Gajar ka Halwa	Gulab Jamun	Buniya	Custard	Longlata