

| | Breakfast | Lunch | Snacks | Dinner |
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| Common | bread, butter, jam, milk, tea, coffee, sprouts/chana, Veg: Fruit(Based on Market availability, each fruit frequency<=2), Non-Veg: Boiled Egg(5 times in a week) and Omelette(2 times in a week), Seasonal Fruit | Mix Pickle ,papad,mix salad, Onion, Lemon | tea, coffee, sugar | Appalam, Mixed Salad, Pickle (Mango/Chili/Mix) |
| Monday | Aloo paratha, Ketchup, Curd, Mint & Coriander Chutney | Phulka, White Rice, Kerala Rice, Chana Masala, Arhar dal (pigeon pea), Curd | Onion kachori, Tomato ketchup, Fried chilly | NON-VEG: Egg Fride Rice, VEG:Gobhi Fried Rice , Phulka ,Dal Tadka,Garlic Sauce |
| Tuesday | Masala Dosa, Tomato Chutney, Sambar | Puri, Aloo Palak,Sambar, Ridge Gourd(dry), White Rice, Buttermilk,Seasonal fruit(watermelon), Kerala rice | Aloo Bonda, Tomato ketchup | Phulka ,Chole Masala Jeera Rice, Dal, Raita Plain, Icecream |
| Wednesday | Dal Kitchdi ,Coconut Chutney, Dahi Boondhi (smallcup),PEANUT BUTTER (Non Veg:- Omlet) | Chapathi, White Rice, Greenpeas masala, Tomato Rice, Onion Raita(thick), Rasam, Chana Dal Fry | Masala Channa | Veg: Hyderabadi Paneer Dish, Non-Veg: Hyderabadi Style Chicken masala, white rice, Moong dal, Lachcha Paratha, Laddu, Lemon |
| Thrusday | Puri, Chana Masala | Chapathi, White Rice, Mix Dal, Gobhi Butter Masaal, Bottle Gourd Dry, Curd | Tikki chat | Sambar, Masala Dosa(UNLIMITED), White Rice, Tomato Chutney / Coriander Chutney, Payasam, Rasam |
| Friday | Fried Idly, Vada, sambar, coconut chutney, (Non Veg:- Omlet) | Phulka, White Rice, Kadai Veg, Sambar, potato Cabbage Dry, Buttermilk | Pungulu with coconut chutney | Non Veg: Chicken Gravy; Veg: Paneer Butter masala, pulao, Mix dal, Chapathi, mango pickle, Lemon,Jalebi |
| Saturday | Gobi Mix Veg Paratha,Ketchup, Green Coriander chutney, Peanut Butter | Chapathi, White Rice, Rajma Masala, Green Vegetable (Dry),Ginger Dal , Gongura chutney, Curd | Samosa, Tomato ketchup, Cold Coffee | Phulka, Green Peas Masala, White Rice, Brinjal Curry, Rasam |
| Sunday | Onion Rava dosa, Tomato chutney, Sambhar | Non-Veg: Chicken Dum Briyani ; Veg: Paneer Dum Briyani- Shorba Masala,Onion Raita Thick, Aam panna | Vada Pav,Fried Green Chilly, green coriander chutney | Arhar Dal Tadka, Aloo fry , Kadhi Pakoda rice, Chapati, Gulab Jamun |
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| | | | Week 1 and 3 | Everything is veg unless mentioned otherwise |

[illegible]