

	Breakfast	Lunch	Snacks	Dinner
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, Sambar	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
			Week 1 and 3	<i>Everything is veg unless mentioned otherwise</i>

	Breakfast	Lunch	Snacks	Dinner
Common	bread, butter, jam, milk, tea, coffee, sprouts/chana, Veg: Fruit(Based on Market availability), Non-Veg: Boiled Egg(5 times in a week) and Omelette(2 times in a week), Seasonal Fruit	Pickle, papad,mix salad, Onion, White rice, Lemon	tea, coffee, sugar	Appalam, Mixed Salad, Pickle (Mango/Chili/Mix)
Monday	Aloo paratha, Ketchup, Curd, seasonal fruit, Mint & Corrainder Chutney	Phulka, Ghee Rice, Aloo Chana Masala, Soya Chilly, Rasam, Chutney, ButterMilk	Macroni	Veg: Paneer Biryani, Non-Veg: Egg Biryani, Raita ,Mutter masala, Chana dal tadka, Phulka, Makkan Peda, White rice
Tuesday	Poha , Coriander Chutney,Curd	Chola Bhatura, Toor dal fry, watermelon, Aloo Bhindi(Dry), Lemon rice, Curd	Bread Pakoda and sauce	Phulka, White Rice, Methi Dal,Veg White Kurma, Ice-cream
Wednesday	Puttu, Kadal Curry, Peanut butter (Non Veg:- Omelette)	Chapathi, Methi Dal,Drumstick Gravy, Dondakaya Dry, Rasam, ButterMilk	Grilled Sandwich, Tomato ketchup	Non Veg: Kadai Chicken ; Veg: Kadai Paneer , pulao, Mix dal, Tawa Butter Naan,Jalebi, mango pickle, Lemon
Thursday	Mini Chola Bhatura, seasonal fruit	Chapathi,Mutter Paneer Masala,Coriander Rice,Kollu Rasam, Potato Chips, Dalpodhi, Curd	Cutlet & Tomato Ketchup	Phulka,Baby Aloo Masala, White Rice,dal(thick) ,Rasam , HALWA(mix)
Friday	Dhal Dosa, Sambar, Tomato Chutney Peanut Butter	Phulka, Navadhanya Masala, Sambar, Rasam, Mix Veg Sahi Curry, Watermelon Juice	Pani Puri	Non Veg: Chicken Gravy; Veg: Paneer Butter masala, pulao, Mix dal, Chapathi,Jalebi, mango pickle, Lemon
Saturday	Mix-veg Paratha , Curd, Ketchup (Non Veg:- Omelette)	Chapathi, Green Peas Pulav, Spinach Dal, Gobhi Cpsicum Dry Butter Masala, Cabbage Chutney, Masala Butter Milk	Samosa, Tomato ketchup, Cold Coffee	Dal makhani, Gobhi Matar, Phulka, Tomato Rice, Kheer
Sunday	Andhra Kara Dosa, Peanut Chutney, Sambar	Puri, Biriyani rice, Non-Veg: Chicken Masala(Spicy), Veg: Paneer Masala(Spicy), Chana dal tadka, Raita, Fruit Juice	Pav Bhaji	Arhar Dal tadka, Aloo fry , Kadhi Pakoda, White rice, Chapati, Mysore Pak
	Week 2 and 4			<i>Everything is veg unless mentioned otherwise</i>