## Sheet1

	Sunday	I	Tuesday	Wednesday
Breakfast	Gobi Parantha, Pickle, Chutney + compulsory breakfast items	Moong daal kitchadi, Coconut Chutney + compulsory breakfast items	Poori, aloo tomato, compulsory breakfast items	Idli, vada, sambar, chutney/bread pakod, sprouta, tomato sauce
	Compulsory Breakfast items- Bread, butter, Jam, Tea, Coffee, Milk			
breakfast extras	boiled egg, omlet, corn flakes	boiled egg, bournvita/boost , corn flakes	boiled egg, omlet, corn flakes	boiled egg, omlet, bournvita, horlicks
Lunch	Masoor Dal, Phulka, Malai Kofta, Sweet/Ice Cream, Rice, Compulsory lunch items	Toor Dal, Baigan Bharta, Phulka, Rice, Compulsory lunch items	Moong Dal, bitter gourd karela, phulka, Rice, Compulsory lunch items	kadi pakoda, Cabbage Capsicum, phulka, Rice, Compulsory lunch items
	Compulsory lunch items- Curd + Pickle + Fryums/ Papad + Sugar+Salt + Salad, lemon			
Lunch Salads	Ra, cu,ca	cu,br,ca	To, cu,ra	Br, cu, ca
Lunch Extras	egg masala, Non veg curry, Veg curry, Rice/noodles items	egg masala, Non veg curry, Veg curry, Rice/noodles item	egg masala, Non veg curry, Veg curry, Rice/noodles item	egg masala, Non veg curry, Veg curry, Rice/noodles item

## Sheet1

tea time	coffee	coffee	coffee	coffee
	tea	tea	tea	tea
	milk	milk	milk	milk
tea time extras	samosa	sundal	papdi chat	cutlet
	mirchi bajji	pani poori	bajji	dahipoori
	bhelpoori	vada	pani poori	kachori
Dinner	mix dal, Dum Aloo, phulka,Compuls ory dinner items	Soya Badi Gravy, Phulka, moong dal, Compulsory dinner items	Lauki Kofta , phulka, toor dal, Compulsory dinner items	Oil Chapathi, Tendali Sabji Dry, chana daal, Compulsory dinner items
Compulsory dinner items + salad	Rice + Buttermilk + fruit salad, Salad, lemon + Papad/Fryums	Buttermilk + Water Melon +	Rice + Buttermilk + Banana (Moris) + Salad, lemon + Papad/Fryums	
Dinner Salads	To, cu,ra	On, cu,ca	cu, on, br	cu, ra, br
Dinner Extras		curry, Rice item	Noodles, Veg curry, Non veg curry, Rice item	Noodles, Veg curry, Non veg curry, Rice item

Thrusday	Friday	Saturday
Vegetble Maggi (30% vegetables), Tomato Sauce+ compulsory breakfast items	Lemon poha, mint chutney, compulsory breakfast items	Rava Dosa, Sambar, coconut Chutney + compulsory breakfast items
	hallad e e	
boiled egg, omlet, corn flakes	boiled egg, corn flakes, bournvita,boos t	boiled egg, omlet, milkshakes
<u> </u>		
mix daal, spicy aloo dry, poori, Rice ,lemon juice (Shikanji), Compulsory lunch items	Dal Makhani,Bhind i Fry, phulka, Rice, Compulsory lunch items	rajma Dal, Kadai Paneer, Phulka, Rice, Compulsory lunch items
cu, to, ra	cu, br, ca	On,Ca, cu
egg masala, Non veg curry, Veg curry, Rice/noodles item	egg masala, Non veg curry, Veg curry, Rice/noodles item	egg masala, Non veg curry, Veg curry, Rice/noodles item

coffee	coffee	coffee
tea	tea	tea
milk	milk	milk
bajji	samosa	cutlet
pani poori	bread pakoda	parupu vada
samosa masala chat	bajji	samosa masala chat
Aloo Parantha ,Pickle, Curd, rajma Dal, Compulsory dinner items	oil chapathi, Toor Dal, rice, Compulsory dinner items, chole masala.	Phulka, Veg Biryani, Raita, Green Peas Masala, Milk with boost/bournvita , Compulsory dinner items
Rice +Buttermilk+ banana + Salad, lemon + Papad/Fryums	Rice + Buttermilk + Pineapple + Salad, lemon + Papad/Fryums	orange + Salad, lemon + Papad/Fryums
Ra, cu, ca	Ca, cu, ra	cu, br, ra
Noodles, Veg curry, Non veg curry, Rice item	Noodles, Veg curry, Non veg curry, Rice item	Noodles, Veg curry, Non veg curry, Rice item