

Sheet1

	Sunday	Monday	Tuesday	Wednesday	Thursday-
Breakfast	masala dosa + Sambar+ Chutney+ BBJ + TCM	Rava upma, Coconut chutney + BBJ + TCM	Idly + Vada + Sambar + Coconut Chutney + BBJ + TCM	Uthappam with Coconut Chutney and sambar + BBJ + TCM	Vegetble Maggi (30% vegetables) + Tomato Sauce + BBJ + TCM

breakfast extras	boost+corn flakes + sprouts	bournvita+boo st+corn flakes	boost+corn flakes	bournvita,horlick s + sprouts	boost+corn flakes + sprouts
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Lunch	Kadi with pakoda+ Phulka + Malai Kofta + Sweet/Ice Cream + Rice	Toor Dal + green peas masala (with tamatar)+ Phulka + Rice	Moong Dal + Black Chana Masala(Dry) + Poori + Rice	mix daal + tendli subji + Oil Chapathi + Rice	daal makhani + bhindi fry + methi Chapathi + Rice
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	Curd + Pickle + Fryums/ Papad + Sugar/ Salt + Salad, lemon	Curd + Pickle + Fryums/ Papad + Sugar/ Salt + Salad, lemon	Curd + Pickle + Fryums/ Papad + Sugar/ Salt + Salad, lemon	Curd + Pickle + Fryums/ Papad + Sugar/ Salt + Salad, lemon	Curd + Pickle + Fryums/ Papad + Sugar/ Salt + Salad, lemon
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Lunch Extras	Veg curry+Rice/ noodles (Veg) item	Veg curry+Rice/noo dles (Veg) item	Veg curry+Rice/noodl es (Veg) item	Veg curry+Rice/ noodles (Veg) item	Veg curry+Rice/ noodles (Veg) item
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Dinner	Moong Dal + Dum Aloo + Oil Chapathi	Soya Badi Gravy+ Phulka + Mix Dal	Lauki Kofta + Phulka + Toor Dal	Methi Chapathi +Tendali Sabji Dry+Chana Dal	Aloo Parantha + Pickle + Curd+ toor Dal+rice
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Rice + Buttermilk + Salad, lemon + Papad/Fryums+ seasonal fruit	Rice + Buttermilk + Water Melon + Salad, lemon + Papad/Fryums	Rice + Buttermilk + Banana (Moris) + Salad, lemon + Papad/Fryums	Rice + Buttermilk + Fruitsalad + Salad, lemon + Papad/Fryums	Rice + Buttermilk + papaya + Salad, lemon + Papad/Fryums
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Dinner Extras	Noodles+Veg curry+Rice item + Lassi	Noodles+Veg curry+Rice item	Noodles+Veg curry+Rice item	Noodles+Veg curry+Rice item	Noodles+Veg curry+Rice item
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## Sheet1

Friday-	Saturday
Pongal + wada + Coconut Chutney +BBJ + TCM	Rava Dosa + Sambar+ Chutney + BBJ + TCM

corn flakes+bournvita, boost	boost+milkshakes + sprouts
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green peas masala + lauki channa + Oil Chapathi + Rice	Mix Dal + Kadai Paneer + Phulka + Rice
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Curd + Pickle + Fryums/ Papad + Sugar/ Salt + Salad, lemon	Curd + Pickle + Fryums/ Papad + Sugar/ Salt + Salad, lemon
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Veg curry+Rice/noodle es (Veg) item	Veg curry+Rice/noodle s (Veg) item
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## Sheet1

Chhola + Bhatura+ Toor Dal	Bournvita + Methi Poori + Veg Biryani + Raita + Green Peas Masala
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Rice + Buttermilk + Papaya + Salad,lemon + Papad/Fryums	Rice + Buttermilk + Banana + Salad, lemon + Papad/Fryums
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Noodles+Veg curry+Rice item	Noodles+Veg curry+Rice item
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