

	Sunday	Monday	Tuesday	Wednesday
Breakfast	Gobi Paratha/aloo paratha	Idly + vada	pongal	semiya kichidi
	Curd	Sambar	sambar	chutney
	Pickle	Coconut chutney	coconut chutney	
	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk
	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
Extras	Boiled Egg	Boiled egg	Boiled Egg	Boiled Egg
	corn flakes	omlet	boost	omlet
	fresh juice	fresh juice	fresh juice	fresh juice
Lunch	Rice	Rice	Rice	Rice
	Veg Salad(onion + cucumber + beetroot)	Veg Salad(onion + mix veg salad)	Veg Salad(Onion + carrot + tomato)	Veg Salad(Onion + tomato + beetroot)
	Curd	Curd	Curd	Curd
	Dhal(yellow moong with tomato)	Dhal(dhal makhani)	green moong daal	Dhal(Masoor)
	Carrot beans curry	Lauki Kofta	veg sagwala	gobi mutter dry
	Methi chapathi	Phulka	Oil chapathi	Pudina chapathi
	Papad/Fryums	Papad/Fryums	Papad/Fryums	Papad/Fryums
	Pickle	Pickle	Pickle	Pickle
	salt	salt	salt	salt
	sugar	sugar	sugar	sugar
	lemon slices	lemon slices	lemon slices	lemon slices
	mirchi	mirchi	mirchi	mirchi
	Julab Jamon/Ice cream (alt)			lime juice
Extras	omlet	scrambled egg	omlet	scrambled egg
	kadai panneer	palak pakoda	veg munchurian	gobi munchurian
	fresh juice	fresh juice	fresh juice	fresh juice
	Chicken 65	Chicken masala	baby corn masala	paneer butter masala

Sheet1

	egg masala	veg fried rice	pepper chicken	chilli chicken
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	Rice	Rice	Rice	Rice
	Veg salad(Onion + carrot + tomato)	Veg salad(onion + mix veg salad)	Veg Salad(onion + beetroot + cucumber)	Veg salad(onion + tomato + beetroot)
	Fruit - watermelon	Fruit - seasonal fruit	Fruit - banana	Fruit - papaya
	Dhal(Toor dhal with tomato)		Dhal(rajma)	Dhal(mix dhal)
	Beet root chana	Alu carrot peas masa	Tendli masala dry	Bhindi fry
		Chana masala		
	Phulka	Poori	Methi chappath	Phulka
	Papad/fryums	Papad/fryums	Papad/fryums	Papad/fryums
	Butter milk	Butter milk	Butter milk	Butter milk
	pickle	pickle	pickle	pickle
	salt	salt	salt	salt
	sugar	sugar	sugar	sugar
	lemon slices	lemon slices	lemon slices	lemon slices
	mirchi	mirchi	mirchi	mirchi
				Rasamalai/Sooji Halwa
Extras	scrambled egg	omlet	scrambled egg	omlet
	fruit juices	fruit juices	fruit juices	fruit juices
	egg masala	palak pakoda	Baby corn masala	Basunthi
	panneer munchurian	chicken 65	veg munchurian	gobi munchurian
	chicken fried rice	gobi manchurian	chicken 65	chilli chicken

Thursday	Friday	Saturday
rava upma	Fruit salad	Rava Dosa
coconut chutney	Alu bonda	Sambar
	Sauce	coconut Chutney
Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk
Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
Boiled Egg	Boiled Egg	Boiled Egg
corn flakes	omlet	Corn flakes
fresh juice	fresh juice	fresh juice
Rice	Rice	Rice
Veg Salad(onion + mix veg salad)	Veg Salad(onion + cucumber + radish)	Veg Salad(onion + cucumber + carrot)
Curd	Curd	Curd
kadi pakoda	Dhal(moong with tomato)	
Baingan masala	Dum aloo	Panner butter maala
		daal tadka
Phulka	methi Poori	diamond chapathi
Papad/Fryums	Papad/Fryums	Papad/Fryums
Pickle	Pickle	Pickle
salt	salt	salt
sugar	sugar	sugar
lemon slices	lemon slices	lemon slices
mirchi	mirchi	mirchi
omlet	scrambled egg	chilli chicken
palak panner	panneer munchurian	veg manchurian
fresh juice	fresh juice	fresh juice
garlic chicken	mushroom masala	rasamalai

Sheet1

gajar halwa	chicken chettinadu	chicken fried rice
coffee	coffee	coffee
tea	tea	tea
milk	milk	milk
bajji	samosa	cutlet
pani poori	bread pakoda	parupu vada
samosa masala cha	bajji	samosa masala chat
Rice		Rice
Veg salad(onion + cucumber + carrot)	Veg salad(Onion + carrot + tomato)	Veg salad(onion + mix veg salad)
Fruit - watermelon	Fruit - seasonal fruit	Fruit - pineapple
Dhal(green moong dhal)	dhal	Dhal(toor dhal)
	Malai Kofta	Alu gobi mutter masala
Aloo paratha	Plain paratha	Methi poori
Curd	raitha	
	veg biryani	
Papad/fryums	Papad/fryums	Papad/fryums
		Butter milk
pickle	pickle	pickle
salt	salt	salt
sugar	sugar	sugar
lemon slices	lemon slices	lemon slices
mirchi	mirchi	mirchi
va		boost
scrambled egg	omlet	scrambled egg
fruit juices	fruit juices	fruit juices
chicken 65	ice cream - choc\buttl	lassi
veg munchurian	chilli paneer	veg munchurian
egg masala	chicken chettinadu	chicken 65