

week 2	Structure	Monday 15/9	Tuesday 16/9	Wednesday 17/9	Thursday 18/9	Friday 19/9	Saturday 20/9	Sunday 21/9
B R E A K F A S T	Main dish	Mix paratha	Idli/Vada	Aloo Peanut Poha	Puri	Methi Thepla	Sewai Upma	Mysore Masala Dosa
		Schezwan chutney, Dahi	Coconut Chutney, Sambhar	Onion, Lemon	Aloo Bhaji	Tomato Chutney	Cocunut Chutney	Coconut chutney, sambar
	Egg/Omlette/bhurji	Egg bhurji	Egg omlette	Egg bhurji	Egg bhurji	Egg bhurji	Egg omlette	Egg Bhurji
		Paneer Bhurji	Paneer Bhurji	Paneer Bhurji	Paneer Bhurji	Paneer Bhurji	Paneer Bhurji	Paneer Bhurji
	Cereals	Chocos/Bournvita/Meusli	Chocos/Bournvita/Meusli	Chocos/Bournvita/Meusli	Chocos/Bournvita/Meusli	Chocos/Bournvita/Meusli	Chocos/Bournvita/Meusli	Chocos/Bournvita/Meusli
	Sprouts	Boiled corn	Boiled Peanut	Matki ussal	Boiled Peanut	Moong sprouts	Corn Chat	Chana sprouts
	Bread Butter Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam
	Tea and Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea and coffee	tea/Coffee	Tea/Coffee
	Fruit/egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana/boiled egg	Banana/ Boiled Egg
	Milk	Milk	Milk	Milk	Milk	Milk/Juice	Milk/Juice	Milk/Juice
L U N C H	Dry	Aloo Jeera	Karela Chatpata	Red Pumkin Dry	Tendli Chana	Parwal Dry	Cabbage foghat	Baigan Bharta
	Gravy	Rajma Masala	Paneer Matar	Pindi Chole	Aloo Matar	Navratan Korma	aloo matar	Chole
	Dal	Dal	Daal	Daal	Daal	Dal Pancharatna	Dal Fry	Daal
	Sp Rice	Dal Khichdi	Jeera Rice	Corainder Rice	Onion Rice	Curd Rice	Chole Pulao	Pudina Rice
	Indian Bread	Roti	Roti	Masala Puri	Roti	Roti	Roti	Bhature
	Pickle	Mix pickle	Mango Pickle	Mix Pickle	Mix pickle	Mix pickle	Mix pickle	Mix pickle
	Curd/Raita/ Lassi/Chaas	Dahi	Masala Chaas	Shrikhand	Lemon juice	Rasna	Dahi	Lassi
	Rasam/Sambhar	Sambhar	Rassam	Sambhar	Rassam	Sambhar	Rassam	Sambhar
	Papad	Roasted Papad	Appalam Papad	Rice Papad	Fryums	Rice Papad	Roasted Papad	Fried Papad
	Salad	Salad	salad	Salad	salad	salad	salad	salad
	Plain rice	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice
	Extra	Paneer Crispy	Chicken Tikka	Chicken 65	Paneer Tikka	Chicken Handi/ Paneer 65	Panner Schezwan	Chicken Koliwada
T I F F I N	Snack	Misal Pav	Bombay masala Sandwich	Ragda Samosa	Sev Papdi Chaat with dahi	Bread Upma	Dahi Vada	Hakka Noodles
	BBJ, Milk, Tea, Coffee	Bread, Butter and Mix jam	Bread Butter, Peanut Butter and Mix jam	Bread, Butter and mix Jam	Bread, Butter and Mix jam	Bread Butter, Peanut Butter and Mix jam	Bread Butter and Mix jam	Bread, Butter and Mix jam
	Tea and Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits
D i n n e r	Dry Vegetable	Black Chana Dry	Tawa Veg	Aloo Capsicum	Soyabean Chilli	Bhindi Masala Dry	French Fries	Aloo Matar
	Curry	Dum Aloo	Babycorn Mushroom Masala	Methi Matar Malai	Mix Sprout Masala	Paneer Handi / Egg Moglai	Soyabean Manchurian	Nargish Kofta Curry
	Dal	Dal Tadka	Dal Fry	Dal	Mix Dal	Dal Adraki	Dal Lasooni	Dal Punchratna
	Salad	Salad	Salad	Salad	Salad	Salad	Corn Salad	Salad
	Roti (with and without Ghee)	Roti	Roti	Roti	Roti	Roti	Schezwan Fried Rice	Roti
	Plain / Special Rice	Rice/ Lemon Rice	Tadka Rice	Coconut Rice	Masala Rice	Corn Rice	Plain Rice	Lemon Rice
	soups/chutney	Tomato Chutney	Pudina Chuntey	Dry Peanut Chutney	Mirchi Thecha	Coriander Chutney	Tomato Chutney	Mirchi Techa
	Rasam/Sambhar	Rasam	Sambhar	Rasam	Sambhar	Rasam	Sambar	Sambhar
	Sweet Dish / Desserts	Moong Dal Halva	Long Jamun	Shahi Tukda	Fruit custard	Sheera	Rice Kheer	Ice Cream
	Extra	Chicken Sookha	Paneer Manchurian	Chicken Biryani	Chicken Rogan Josh/ Paneer Chill	Fish Fry	Chicken Peshawari	Chicken Hyderabadadi Biryani