

WEEK 1

MONDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	White Dhokla	Lemon Rice	Sev Puri	Chapati
	(green chutney & ketchup)	Chapati		Rice
		Rajma		Cauliflower Sabji
		Toor-Daal		Palak Toor Daal
		Lasun Chutney		
		Groundnut + Cucumber Chat		Gulab Jamun (2)

TUESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Idli Sambhar and	Rice	Samosa Paav	Rice
	Chutney	Chapati		Paratha
		Matki		Lasun Methi with moong dal
		Massor Daal		Massor Daal
		Salad(Cucumber, tomato, carrot, beet, onion, lemon)		Hari Mirch Techa
				Papad Bundi Raita

WEDNESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Thepla (Green Chutney)	Rice	Veg. Sandwich	Rice
		Chapati		Chapati
		Kofta Curry		Black Chana Masala
		Daal Tadka		Udad Daal
		Salad(Cucumber, tomato, carrot, beet, onion, lemon)		Dahi

THURSDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Aloo Paratha with Dahi	Rice	Aata Noodles Ketchup	Jeera Rice
		Chapati		Chapati
		Baingan Bharta		Green Peas Dry with aaloo
		Moong Daal Fry		Daal Palak
		Groundnut + cucumber chat		Papad
				Rasgulla (2)

FRIDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Onion & Tomato Uthappa with Chutney	Chole	Sev khamani	Rice
		Bhature		Paratha
				Paneer Butter Masala

		Jeera rice		Moong Dal
		Toor dal		Papad
		Papad		Mohan Thal 2
		Round cut onion		

SATURDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Mendu Wada With	Rice	Bhel	Malai kofta
	Sambhar	Chapatti		Dahi
	Coconut Chutney	Mix veg		Banana 1
		Chilkadal		Rice
				Daal fry
				Chapatti

SUNDAY	BREAKFAST	LUNCH
	Jalebi + Fafda(limited)	Kashmiri Pulav
		Chapati
		Daal Makhni
		Sahahi Tukda(fried bread in raabdi)
		Chana Chat

WEEK 2

MONDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Thalipeeth with green chutney and dahi	Rice	Ragada patis	Pav_ - bhaji
		Chapatti		Jeera rice
		Chawli masala (Panjabi gravy)		Nimbu aachar
		Daal palak		Chana Daal
		Dahi		Dahi
		Salad(Cucumber,		Papad

TUESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Yellow dhokla with ketchup	Rice	Dahi Samosa	Rice
		Chapati		Chapati
		Bharma bhindi		Veg Keema with soyabean gravy
		Daal tadka		Masoor Daal
		Dahi		Dahi
		Aloo chat + Onion		

WEDNESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
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	Poha with Sev	Jeera Rice	Mix Bhajiya	Steam Rice
		Chapati		Chapati
		Dum Aloo		Sprouted moong sabji
		Toor Daal		Daal fry
		Dahi		mango Aachar
		Groundnut Chat		Moti-Chor Boondi Ladoo (2)

THURSDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Medu Vada with Sambhar and Coconut Chutney	Rice	Dabeli	Daal Khichdi
		Chapati		Thepla
		Gobi Muttar		Aloo Jeera
		Moong Daal		Kadhi
		Chana Chat		Hari Mirch Thecha
				Dahi+Papad

FRIDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Gobi Paratha with sweet Dahi	Rice	Dahi Batata Puri	Rice
		Chapati		Chapati
		Chana Masala (Punjabi Gravy)		Mutter Paneer Masala
		Masoor Daal		Kolhapuri Daal
		Round Cut Onion		Groundnut Chutney
				Fruit Salad

SATURDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Onion tomato omlete with brown bread imlee chutney	Jeera Rice	Toast Sandwich ketchup	Pulav
		Chapati		Chapati
		Veg Kofta		Rajma
		Daal Fry		Kadhi
		Dahi		Hari mirch techa
		Chana Chat		Pineapple Raita (seasonal)// Rice Kheer

SUNDAY	BREAKFAST	LUNCH
	Idli Sambhar & Coconut Chutney	Daal-Baati
		Churma
		Rice
		Chaas (Limited)
		Lasun Chutney

WEEK 3

MONDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	White Dhokla with green chutney	Rice	Atta noodles	Rice
		Chapati		Veg Stuffed Paratha
		Matki Moong Gravy		Manchurian
		Kolhapuri Daal		Schezwan Chutney
				Dahi
				Daal
		Salad(Cucumber, tomato, carrot, beet, onion, lemon)		Papad

TUESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Onion & Tomato Utthapa With Coconut Chutney	Rice	BHEL	Jeera Rice
		Chapati		Chapati
		Mix Veg		Daal Makhni
		Chana Daal		Gobi Mutter
		Chana Chat		Dahi

WEDNESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Aloo Paratha with Sweet Dahi	Palak Tur Daal	Vada Pav	Rice
		Chapati		Chapati
		Cauliflower Sabji		Sev Bhaaji*
		Dahi		Udad Daal
		Groundnut + Cucumber Chat		Groundnut Chutney
				Rice Kheer + Papad

THURSDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Thalipeeth (Green Chutney & Dahi)	Rice	Sev Puri	Chapati
		Chapati		Green Peas Dry with potato
		Chawli ki sabji (kathod) (Punjabi Gravy)		Rice
		Moong Chilka Daal		Papad
		Salad(Cucumber, tomato, carrot,		Daal

		beet, onion, lemon)		
				Cucumber Raita

FRIDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Medu Wada	Chapati	Sabudana Wada (Sweet Dahi)	Paratha
		Veg Kofta		Aloo Mutter Masala(Punjabi Gravy)
		Daal Tadka		Masoor Daal
		Dahi		Rice
		Chana Chat		Hari Mirch Thecha
SATURDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Puri Aloo Bhaji	Kashmiri Pulav	Veg Sandwich	Paratha
	Chutney	Chapati	(Brown Bread)	Paneer Butter Masala
		Daal Makhni		Rice
		Chana Chat		Moong Daal
		Mix Veg		Banana (1)

SUNDAY	BREAKFAST	LUNCH
	Jalebi+ fafda(limited)	Chole
		Bhature
		Jeera Rice
		Toor Daal
		Papad
		Rasgulla (2)
		Round Cut Onion

WEEK 4

MONDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Yellow Dhokla with Ketchup	Rice	Dahi Samosa	Rice
		Chapati		Chapati
		Baingan Bharta		Bhendi Masala
		Daal Tadka		Moong Daal
		Aloo Chat		Dahi

TUESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Idli Sambhar with Chutney	Rice	Sev Puri	Rice
		Chapati		Chapati
		Dum Aloo		Tur Daal
		Moong Daal		Daal

		Dahi		
		Salad(Cucumber, tomato, carrot, beet, onion, lemon)		Veg Keema with Soyabean Gravy

WEDNESDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Poha with Sev	Rice	Mix Bhajiya	Chapati
		Chapati		Sprouted Moong
		Gobi Mutter		Rice
		Palak Daal		Daal Fry
		Groundnut Chat		Mohan Thal (2)
THURSDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Gobi Paratha	Rice	Chinese Bhel	Chapati
		Chapati		Kholapuri Daal
		Black Chana Masala		Rice
		Daal Tadka		Mutter Paneer Masala
		Salad (Cucumber,beet, Onion, tomato, lemon)		Fruit Custard

FRIDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Medu Wada	Rice	Bhel	Daal Khichdi
		Chapati		Thepla
		Chawli Masala		Aloo Jeera
		Dal Fry		Hari Chutney
		Salad (Cucumbar , beet , Tomato, Onion, Lemon)		Kadhi
				Cucumber Raita

SATURDAY	BREAKFAST	LUNCH	SNACKS	DINNER
	Onion tomato omlete with brown bread imlee chutney	Jeera Rice	Veg Sandwich (Brown Bread)	Chapati
		Chapati		Matki –Usal
		Veg Kofta		Rice
		Daal Fry		Dal Fry
		Dahi		Kheer
		Chana Chat		

SUNDAY	BREAKFAST	LUNCH
	Wada usal	Puri
		Paneer Bhurji
		Shrikhand

		Dal Tadka
		Rice
		Groundnut + Cucumber Chat

** 1st or 4th Sunday Aam Raas may be given (Seasonal).

** Lemon and onion are to included daily.

** Where-ever any sweet or Raita is not mentioned Dahi/ Chaas has to be provided.