

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, tomoto, 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