

DAY	BREAKFAST	LUNCH	DINNER
SATURDAY	MIX DAL/ ALU MATAR PLAIN RICE / PICKLE	EGG CURRY / MIX DAL TADKA/ PLAIN RICE / PAPAD	CHANA DAL TADKA / BEGUN MASALA / OR ALU BHARTA PLAIN RICE / PICKLE
SUNDAY	MASOOR DAL FRY/ CHANA KADDU MASALA/ PLAIN RICE/GREEN SALAD	BEEF MASALA/ MIX DAL TADKA/ M.VEG./ PLAIN RICE/PICKLE	MIX DAL FRY / ALU BHURJI/ PLAIN RICE / GREEN SALAD
MONDAY	DAL TADKA/ ALU BADI PLAIN RICE / GREEN SALAD	FISH CURRY / MIX DAL TADKA / PLAIN RICE	MIX ANDA BHURJEE / MIX DAL TADKA/ PLAIN RICE/ PICKLE / SWEETS
TUESDAY	MIX DAL TADKA / GABIFUL MASALA/ PLAIN RICE / GREEN SALAD	CHINKEN CURRY / DAL FRY/ MIX VEG./ PLAIN RICE/ PICKLE	MIX DAL TADKA / MIX VEG. / PLAIN RICE / PAPAD
WEDNESDAY	MASOOR DAL TADKA / BEANS CHANA MASALA / PLAIN RICE/ PICKLE	FISH CURRY / MIX DAL/ PLAIN RICE / MIX VEG.	CHANA DAL FRY / ALU GABI MATAR MASALA / PLAIN RICE / PICKLE
THURSDAY	ALU SOYABIN MASALA/ DAL TADKA/ PLAIN RICE/ PICKLE	CHICKEN TANDUREE MASALA/ CHANA DAL TADKA/ PLAIN RICE / PICKLE	MIX DAL TADKA / ANDA BHURJEE / PLAIN RICE / GREEN SALAD
FRIDAY	MOONG MASOOR TADKA / MIX VEG / PLAIN RICE/ PICKLE	FISH CURRY/ MIX DAL FRY/PLAIN RICE	MIX DAL TADKA / GOBI CHANA MASALA / PLAIN RICE / GREEN SALAD / PICKLE