

Day	Breakfast	Lunch	Evening Tea	Dinner	
Monday	Paneer Paratha (1 Large)+Butter +Milk +Sauce + Tea+ Namkeen Tea+Sprouts	Rice+ Roti+ Fried Aloo Gobhi+ Chana Dal+ Salad	Mirchi Vada(2)+Green Chutney+Tea	Veg	Non veg
				Zeera Rice+Roti+Mix Veg+Masoor Dal+Gulab Jamun(1 pc)	Rice+Roti+ Chicken (1 pc)+ Masoor Dal
Tuesday	Aloo Paratha(1 Large) +Butter+Sauce+Tea+ Namkeen Tea+Sprouts	Rice+Roti+Crispy Besan-Bhindi + Arhar Dal+Salad	Noodles+ Tea	Rice+ Roti+ Aloo Beans+Chola Dal	
Wednesday	Bread(4)+Butter+ Omelette+Jam Milk+ Tea+Namkeen Tea+Fruits+Sprouts	Rice+Roti+ Matar Mushroom+Rassam+ Salad	Samosa chaat+ Tea	Rice+ Roti+Paneer Butter Masala+Mix Dal	Rice+ Roti+Mix Dal Chicken (1 pc)
Thursday	Poha/(Kashmiri Roti+butter) +Tea+Namkeen Tea+Sprouts	Rice+Roti+Mix Veg+Moong Dal +Salad	Batata vada(3 medium)+Green chutney +Tea	Rice+Roti+Tinda Masala+ Rajma Dal	
Friday	Aloo sandwich (2)+Green chutney+Sauce+Milk+Tea+ Namkeen Tea+Sprouts	Rice+Chola Masala+Masala Puri+Matar Pulao(White)+Masoor Dal+Pahadi Raita	NIL	Rice+Roti,Paneer Bhurji+ Arhar Dal+Mlunch	Rice+Roti+ Arhar + Chicken (1 pcs)
Saturday	Namkeen Sevaiyaan Pulao/ (Kashmiri Roti+Butter)+ Tea+Namkeen Tea+Sprouts	Rice+Roti+Stuffed Capsicum+Rajma Dal+Salad	Aloo-Payaz Pakoda(5 medium)+ Green Chutney+Tea	Rice+Roti+ Pyaaz -Tamatar (with green chilly) Chutney+Chana dal	
Sunday	Pyaaz Paratha+Milk Tea+Namkeen Tea+Sprouts	Rice+Roti+Lehsuni Lauki+Chola Dal+Salad	Papdi Chaat+Tea	Zeera Rice+ Roti+ Moong Dal+Sev-Tamatar+ Rasgulla (1 pc)	Rice + Roti+Moong + Egg curry (2)

Tea: Adrakh+Elaichi

Salad: Carrot+Cucumber+ Lemon+Beetroot

Mix Veg: Cabbage+Green Pea+Tomato+Onion

Mix Dal: Arhar+Masoor+Chana

Green Chutney: Garlic+Corriander leaves+Mint leaves+Green chilly+Ginger

Sprouts: Black Chana +Moong