	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Break fast	Idly + Vada+ White chutney	Poori + Aloo chenna Curry	Set dosa (white chutney + Ginger Chutney)	Plain paratha(3) + Potato curry	Pongal/Semya upma chutney + sambar (on alternative weeks) / Poha + Kalachana curry	Masala Dosa + White Chutney	Aloo Paratha + Curd + Pickle
	*Bread (4 slices), butter (20 g), jam (20 g) Sprouts (50 g), Tea, Coffee, Milk (200 ml)	*Bread (4 slices), butter (20 g), jam (20 g) Sprouts (50 g), Tea, Coffee, Milk (200 ml)	*Bread (4 slices), butter (20 g), jam (20 g) Sprouts (50 g), Tea, Coffee, Milk (200 ml)	*Bread (4 slices), butter (20 g), jam (20 g) Sprouts (50 g), Tea, Coffee, Milk (200 ml)	*Bread (4 slices), butter (20 g), jam (20 g) Sprouts (50 g), Tea, Coffee, Milk (200 ml)	*Bread (4 slices), butter (20 g), jam (20 g) Sprouts (50 g), Tea, Coffee, Milk (200 ml)	*Bread (4 slices), butter (20 g), jam (20 g) Sprouts (50 g), Tea, Coffee, Milk (200 ml)
Lunch	Rice+ Roti+ Plain Dal + Rasam+ Curd (100 g) Aloo Fry (Dry), Jeera Pulav	Rice+ Roti+ Plain Dal + Rasam+ Curd (100 g) Cabbage curry/ Rajma (Wet)	Rice+ Roti+ Plain Dal + Rasam+ Curd (100 g) Kadhi + Stuffed egg plant curry (wet)+ Jeera Rice + Raitha	Rice+ Roti+ Plain Dal + Rasam+ Curd (100 g) Ladies finger fry(Dry)/Raw Banana fry (Dry) (on alternative weeks)	Rice+ Roti+ Plain Dal + Rasam+ Curd (100 g) Tomato Egg Curry (2 eggs)/ Egg Bhurji (on alternative weeks for non-vegetarians) +Kadai Paneer (vegetarians) + Jeera Rice + Raitha	Rice+ Roti+ Plain Dal + Rasam+ Curd (100 g) Beetroot fry + Kabul chana fry + Veg.Biryani	Rice+ Roti+ Plain Dal + Rasam+ Curd (100 g) Bhendi do pyaza (Dry)+ Tamarind Rice/Lemon rice (on alternative weeks)
	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices
	Fryums or Papad Gulab Jamun	Fryums or Papad Kheer	Fryums or Papad Kala Jamun	Fryums or Papad Badusha	Fryums or Papad Jilebi	Fryums or Papad Double Ka Meetha	Fryums or Papad Laddu mix (loose)
Snacks	Cup Cake (1 no)/ Plane Cake (2 no)	Attukulu	Masala Chaat (with onion & coriander topping with lemon piece)	Veg Puff + Sause	Samosa (1 no) + Mirchi+ Sause	Veg Noodles	Onion Pakoda
	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk
Dinner	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)
	Mix Veg Curry (wet) (Carrot+ Cauliflower + Capsicum + Beans)	Chole curry+ Bagara Rice+ Raitha	Chicken Curry (for non- vegetarians), Matar Paneer (for vegetarians) + Veg. Biryani	Aloo + Cauliflower + Matar curry	Brinjal + Matar + Tomato (more) Curry(wet), Tomato Rice+ Raita	Aloo Matar + Veg. Biryani + Raitha	Chicken Curry (Or) Paneer Butter Masala + Veg. Pulav + Raitha
	Banana (1 no big size/2 nos small size)	Papaya (3 slices)	Banana (1 no big size/ 2 nos small size), Ice Cream (2 Scoops)	Guava (2 big or 4 small slices)	Banana (1 no big size/ 2 nos small size), Ice Cream (2 Scoops)	Papaya (3 Slices)	Seasonal fruit (2 pieces)
	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar, Lemon slices

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