

Days / Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Poha, Milk/ Coffee, Bournvitae	Seasonal Paratha, Dahi Butter ,Achar, Milk / Coffe, ,Fruit	Upma, cornflakes Milk, Coffee, Fruit	Simple Paratha, Aloo Sabji, Butter, Milk/Coffee, Bournvita	Aloo Paratha, Dahi, Butter, Milk/Coffee, Fruit, Bournvita	Dalia with mixed Dry , sprouts/Tea	Sandwich,Milk Coffee, Bournvita,Ketup
Lunch	Aloo Matar, Maa Chole Dal, Rice, Roti, Salad, Dahi, Achaar.	Aloo Puri, Rice, Roti, Salad, Dahi, Achaar.	White Chole, Rice, Roti, Salad, Dahi, Achaar	Kadhi Pakoda ,Zeera Aloo Rice, Roti, Salad, Achaar.	Kala Chana Dal,Arhar Dal, Rice, Roti, Salad, Dahi, Achaar.	Rajma, Rice, Roti, Salad, Dahi, Achaar.	Chole Bhature, Salad, Achar, Rice, Lassi
Snacks	Tea, Samosa	Tea,Parle-G Biscuit	Samosa	Lemonade, Biscuit	Tea, Bread Pakora,	Rasna/Tea namkeen	Tea, Biscuit
Dinner	Matar Paneer, Mashoor Dal, Roti, Rice, Gulab Jamun, salad	Mix Veg., Chana Dal, Roti, Rice, Salad, Kesar Kulfi	Kadhai Paneer, Moong Dal, Roti, Fried Rice, Salad, Achaar,Rasgulla /Coconut Laddoo	Seasonal veg, Dal Makhni,Roti, Rice, Salad, kheer	Shahi Paneer, Urad Dal, Roti, Rice, Salad, Achar, IceCream	Seasonal Kofta, maa chana dal, Roti, Rice,Salad, Achaar ,sooji Halwa	Green Seasonal veg.Arhar Dal, Roti, Rice, Salad,Achar, sewai

Veg Mess Menu