

| Date      |                         |                         |                         |                         |                            |                              |                              |
|-----------|-------------------------|-------------------------|-------------------------|-------------------------|----------------------------|------------------------------|------------------------------|
|           | MONDAY                  | TUESDAY                 | WENESDAY                | THUSDAY                 | FRIDAY                     | SATARDAY                     | SUNDAY                       |
| Breakfast | Boild Eggs&Omlette      | Boild Eggs&Omlette      | Boild Eggs&Omlette      | Boild Eggs&Omlette      | Boild Eggs&Omlette         | Boild Eggs&Omlette           | Boild Eggs&Omlette           |
|           | Bread/Jam/Butter/corn F | Bread/Jam/Butter/corn F | Bread/Jam/Butter/corn F | Bread/Jam/Butter/corn F | Bread/Jam/Butter/corn Flac | Bread/Jam/Butter/corn Flacks | Bread/Jam/Butter/corn Flacks |
|           | Idly/wada/Sprouts       | Bonda/Poha/Sprouts      | utapam/sprouts          | Puri/Sushila/Sprouts    | Idly/wada/sprouts          | Dosa/Sprouts                 | Alu Paratha                  |
|           | Tea/Coffee/Milk/Blac    | Tea/Coffee/Milk/Blac    | Tea/Coffee/Milk/Blac    | Tea/Coffee/Milk/Blac    | Tea/Coffee/Milk/Black t    | Tea/Coffee/Milk/Black tea    | Tea/Coffee/Milk/Black tea    |
|           |                         |                         |                         |                         |                            |                              |                              |
| LUNCH     | Plain Rice              | Plain Rice              | Plain Rice              | Plain Rice              | Plain Rice                 | Plain Rice                   | Plain Rice                   |
|           | Corn Pulao              | Lemon Rice              | Bagara Rice             | Veg Pulao               | Chicken Biryani            | Besi bole Baat               | Zeera Rice                   |
|           | Moong Dal               | Dal Pakhoni             | Methi dal               | Kadi Pakoda             | Veg Biryani                | Green moong dal              | Dalcha                       |
|           | Mix veg                 | Beerakaya Alu           | Paneer Butter Masala    | jeera Alu               | Rahita                     | Gobi Matter                  | Rogani chicken               |
|           | Egg Burji               | Gobi Tomato Dum         | Achari chicken          | Rajma Masala            | Mirchi ka salan            | Bendi Tomato                 | Paneer Kurchan               |
|           | Chapathi                | Chapathi                | Masala Roti             | Chapathi                |                            | Chapathi                     | Butter Naan                  |
|           | fruit Custurd           | mal Pua                 | suji Ka Halwa           | Besan Barfi             | Shahi Tukra                | Bondi Ladduu                 | Rice Kheer                   |
|           | Lemon Water             | Rasna                   | Butter Milk             | Mango Juice             | Rooh afza                  | lemon Water                  | Butter Milk                  |
|           |                         | Rasam                   |                         | Dal thadka              | Curd rice Or Dal kichidi   |                              |                              |
|           |                         | Vegetable Chatney       |                         | Vegetable Chatney       |                            | Vegetable Chatney            |                              |
|           | Green salad             | Green salad             | Green salad             | Green salad             | Green salad                | Green salad                  | Green salad                  |
|           |                         |                         |                         |                         |                            |                              |                              |
| DINNER    | Plain Rice              | Plain Rice              | Plain Rice              | Plain Rice              | Plain Rice                 | Plain Rice                   | Plain Rice                   |
|           | Dal thadka              | Palak Dal               | Tomato Dal              | Masoor Dal              | Dal Lasoni                 | methi Dal                    | dal                          |
|           | Chole                   | Veg kofta               | mashroom Capsicum       | Noodles                 | Palak Paneer               | Alu dum                      | Chole bhatora                |
|           |                         | bhendi dum fry          | Crispy Veg              | fried Rice              | Mirchi Bhajji              | Eggs Burji                   | Manchurian wet               |
|           | Gobi Mutter Dry         |                         |                         | egg Fried rice          |                            | Chapathi                     |                              |
|           |                         | Sabudana Kichidi        | Tomato Onion Curry      | Curd Rice               | Alu tomato curry           | Veg Soup                     | maggi or kichidi Katta       |
|           |                         |                         |                         |                         |                            |                              |                              |
|           | Veg Biryani             | Chapathi                | Chapathi                | Chiily Gobi             | Chapathi                   | Chapathi                     |                              |
|           |                         |                         |                         |                         |                            |                              | Soup Veg/Non veg             |
|           | Curd                    |                         |                         | Curd                    | Curd                       | Curd                         |                              |
|           | Banana                  | Banana                  | Banana                  | Banana                  | Banana                     | water Melon                  | Banana                       |
|           |                         |                         |                         |                         |                            |                              |                              |