

	Breakfast	Lunch	Snacks	Dinner	
Sunday	Usal Poha, Jeerawan, Jalebi, Sev, Lemon, Chopped Onion Omelette	Jeera Rice, Chana Masala, Mixed Veg, Dal fry,	Spring Roll(2), Red Chutney, Green Chutney	Hyderabadi Chicken Biryani with gravy, Paneer Butter Masala, Plain Rice, Aloo Gobhi, Raita Strawberry Ice-Cream	
Monday	Vada, Coconut Chutney Boiled Egg	Plain Rice, Sambhar, Rajma, Dal Tadka	Bread Pakoda(2), Red Chutney	Butter Chicken, Manchurian(Dry), Masoor Dal, Mix Veg, Fried Rice Boondi Laddu(2)	
Tuesday	Dosa, Coconut Chutney Omelette	Jeera Rice, Sev Tamatar, Kadi Pakoda, Mixed Dal	Chhole Kulche(3), Green Chutney, Red Chutney	Egg Roast Biryani, Kashmiri Pulav, Rajma, Bhindialoo Jalebi	
Wednesday	Uttapam, Sambhar, Coconut Chutney Boiled Egg	Fried Rice, Dal Tadka, Soya Bari, Dum Aloo	Aloo Patties(2)	Chicken Masala, Punjabi Paneer, Plain Rice, Tuar Dal, Boondi Raita Vanilla Ice-Cream with Brownie	
Thursday	Aloo Paratha, Aloo sabji, Thick Curd Egg Bhurji	Jeera Rice, Rajma, Yellowlentil Dal, Veg Achari Baingan	Sabudana Vada(3), Green Chutney	Masala Egg Fry, Malai Kofta, Aloo Ghobi, Fried Rice, Bhindi Masala Gulab Jamun(2)	
Friday	Idly, Sambhar, Coconut chutney Boiled Egg	Fried Rice, Chhole masala, Tuar Dal, Besan Gatte	Samosa(2)	Chicken/Fish Curry (Alternate Weeks), Matar Paneer, Plain Rice, Dal Makhani, Jeeraaloo Mysore Pak(2)	
Saturday	Onion Paratha, Aloo Sabji, Sauce Egg Bhurji	Plain Rice, Sambhar, Aloo Baingan, mixed fruit Raita	French fries	Egg Curry, Veg Biryani, Dal Thadka, Jeera Rice, Chole Sabji Sewaiyan Kheer	
Daily Essentials	Cornflakes, Bournvita/Sprouts, Milk, Tea, Coffee, Bread, Jam, Amul Butter, Sugar, Pickle	Tava Roti, Salt & Pepper, Curd, Papad, Fryums, Kheera, Green Chillies, Lemon, Sauf, Mishri, Fruits	Milk, Tea, Coffee, Sugar, Tomato Sauce	Tava Roti, Salt & Pepper, Papad, Kheera, Papad, Green Chillies, Lemon, Sauf, Mishri	

- 1) Fruit in lunch will be served as per availability in market.
- 2) There is only one option between cornflakes and egg items.
- 3) There is only one option between Paneer and Chicken items.
- 4) You can have only two boiled eggs.
- 5) Bournvita and sprouts will be available alternatively.

Jain Items to be made separately					
Day	Breakfast	Lunch	Snacks	Dinner	
Sunday	Usal Poha without onion mixed, Jalebi	Chana masala, Dal fry, jeera rice	Jain Spring roll without carrot, jain tomato sauce	butter paneer masala,dal tadka	
Monday	Vada, coconut Chutney	Mutter with tomato gravy, Daal tadka	Kachori with red Chutney	mutter paneer,dal makhani	
Tuesday	Puri, Chhole Sabji	Rajma	Chhole kulche(4), Green Chutney, Red Chutney	Chana masala,gujarati dal	
Wednesday	Jain Uttapam, Coconut Chutney, Sambhar	Sev Tamatar, Kadi Pakoda	Jain Paneer Patties(2), Jain Tomato Sauce	Butter Paneer Masala, Jain Dry manchurian***	
Thursday	Plain Paratha, Thick curd	Chhole Sabji	Jain Noodles/ Pasta**	Tamatar Chutney Sabji	
Friday	Idly, Sambhar	Dahi pakoda	Jain Coleslaw Sandwich	Butter Paneer masala/ Kadhai paneer	
Saturday	Plain Paratha+ Jain Sauce*	Mutter with tomato gravy	Veg Sandwich containing Tomato, Cucumber and Cheese, Jain Tomato Sauce*	Chhole Sabji	
<p>*Jain Tomato sauce: Tomato sauce of Maggi and Kissan companies are available in Market with label No onion No Garlic. Keep one bottle of Maggi sauce in mess. It would work for 2 weeks.</p> <p>** jain Noodles should not contain pieces of Carrot. You can use Maggi taste makers available in market with label: No onion No garlic</p> <p>*** Jain dry manchurian Should not contain carrot, Cauliflower(fulgobhi). You can use cabbage(Pattagobhi).</p>					
<p>Notes: 1. Any kind of root vegetables. E.g. Potato, Onion, Garlic, Carrot, Beet, Reddish, Turnip, Parsnip, Ginger, Sweet potato etc.</p> <p>2. Cauliflower</p> <p>3. Brinjals</p> <p>4. Mushroom</p> <p>5. Meat, Flesh, Egg or any other Non-veg food except milk and dairy-products.</p> <p>6. Honey</p> <p>7. Cluster Fig, Jack Fruit, Pakar/ Anjeer/ Fig, Fruits of Banyan and Peepal tree</p> <p>8. Sprouts. (Note: "Pulses are allowed but that should not be sprouted .")</p>					