

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>Breakfast</b>			
	Idli/Vada-chutney-sambar	Utthappa	Aloo paratha	Poha-sev	Poori bhaji	Dosa-masala chutney-sambar	aloo paratha
	Boiled egg	Boiled egg	Egg bhurji/curd	Boiled egg	Boiled egg	Boiled egg	egg bhurji/curd
	Brown bread-butter-jam	Brown bread-butter-jam	Brown bread-butter-jam	Brown bread-butter-jam	Brown bread-butter-jam	Brown bread-butter-jam	Brown bread-butter-jam
	Tea-Coffee	Tea-Coffee	Tea-Coffee	Tea-Coffee	Tea-Coffee	Tea-Coffee	Tea-Coffee
	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits
	Sprouts	Sprouts	Sprouts	Sprouts	Sprouts	Sprouts	Sprouts
	Bournvita/Cornflakes	Bournvita/Cornflakes	Bournvita/Cornflakes	Bournvita/Cornflakes	Bournvita/Cornflakes	Bournvita/Cornflakes	Bournvita/Cornflakes
				<b>Lunch</b>			
	Aloo bhaji	Brinjal	mix veg	Paneer/Egg curry	Beans	Cabbage+peas	green vegetable
	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati
	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	Masoor Dal fry	Rajma	dal	Chana Dal Fry	Arhar dal fry	Dal fry	Arhar dal fry
	Pappad/pic	Pappad/pic	Pappad/pic	Pappad/pic	Pappad/pic	Pappad/pic	Pappad/pic
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Buttermilk	Curd	Boondi raita	Buttermilk	Buttermilk	curd	
				<b>Snacks</b>			
	Samosa	Bread pakoda	Tikki chat	Pav bhaji	Fried idli	Maggi/pasta	Veg Sandwich/Bhel puri
	Bread-butter-jam	Bread-butter-jam	Bread-butter-jam	Bread-butter-jam	Bread-butter-jam	Bread-butter-jam	Bread-butter-jam
	Tea	Tea	Tea	Tea	Tea	Tea	Tea
	Tang	Tang	Tang	Tang	Tang	Tang	Tang
				<b>Dinner</b>			
	mix veg	Dum aloo	Veg kofta	Dal methi	Dal tadka	Chole bhature	Chicken curry
	Kala chana dal	Arhar dal	Palak dal	Soyabean	Bendi/Aloo palak	Dal	Paneer masala
	Green peas pulao	Jeera rice	Veg pulao rice	Veg pulao	Jeera rice	Green peas pulao	Veg biryani
	chapati	chapati	chapati	chapati	chapati		chapati
	Pappad/pic	Pappad/pic	Pappad/pic	Pappad/pic	Pappad/pic	Pappad/pic	Pappad/pic
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Ice cream	Jalebi	Sevai	custard	Ice cream	Gulab jamun	Veg raita