

DAILY -PICKLE/SALT/BLACKSALT/LEMON

Salad - Beetroot / Onion/Carrot/Tomato/Cucumber (any two)							
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Dal Kachori + Aloo Tamatar Sabji Cornflakes/Chocoflakes Bread Butter Jam Milk Tea Coffee Banana and Egg	Sada Paratha + Masala Black Chana Dalia Bread Butter Jam Milk Tea Coffee Banana	Pav Bhaji Sprouts Bread Butter Jam Milk Tea Coffee +Tomato Ketchup Banana	Uttapam / Idli (Alternate) cornflakes Bread Butter Jam Milk Tea Coffee Banana & Egg	Aloo Paratha + Ketchup + Chutney Daliya Bread Butter Jam Milk Tea Coffee Banana & Egg	Poha Jalebi Sprouts Bread Butter Jam Milk Tea Coffee Banana & Egg	Masala Dosa + Nariyal Chutney Cornflakes+Sambhar Bread Butter Jam Milk Tea Coffee Banana + Egg
Lunch							
	Soyabean Moong Dal with palak Dhaniya Raiyta Masal Spicy Rice Salad Roti	Mix Veg Masoor Dal Plain Rice Pain Dahi Salad Roti	Kadhi Pakodi Baigan Aloo Plain Rice Pickle Salad Roti	Aloo Gobi Tuar Dal Pineapple Raita Veg Biryani Salad Roti	Beans Aloo Rajma Lassi Plain Rice Salad Roti	Chole Bhature Bondi Raiyta Matar Pulao Salad Roti	Kabuli Chana Dum Aloo Jeera Raiyta Lemon Rice Salad Puri
Dinner							
	Aloo Bhujia Rajma Plain Rice Roti Salad Suji Halwa	Barwa Shimla Sambhar Fried Rice Roti Salad Besan Ladoo	Kadhai Panner and Egg Curry Moong Dal with Palak Jeera Rice Roti Salad Milk Cake	Black Chana Dal Poori Plain Rice Roti Salad Ice Cream	Aloo Matar Tamatar Tuar Dal Jeera Rice+matar+soyabean Roti Salad Custard	Cabbage Chana Dal Veg Biryani Roti Salad Gulab Jamun	Sahi Paneer / Chicken Arhar Dal Plain Rice Roti Salad White Rasgulla

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