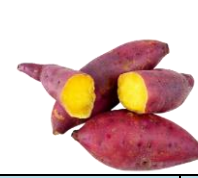




MENU



Date	14-Sep-26	15-Sep-26	16-Sep-26	17-Sep-26	18-Sep-26	19-Sep-26	20-Sep-26
Day	Mon	Tues	Wed	Thu	Fri	Sat	Sun
CHOTA							
Bun	Bun	Bun	Bun	Bun	Bun	Bun	
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	
BREAKFAST							
Beverage	Hot Milk/ Bournvita/Boost/ Coffee	Hot Milk/ Bournvita/Boost/ Coffee	Hot Milk/ Bournvita/Boost/ Coffee	Hot Milk/ Bournvita/Boost/ Coffee	Hot Milk/ Bournvita/Boost/ Coffee	Hot Milk/ Bournvita/Boost/ Coffee	Milk/Milk Shack / Tea
Cereals	Porridge	Porridge	Oats Porridge	Corn flakes/Chocos	Oats Porridge	Millet Cereals	Masal Dosa - Sambhar
Bread	Toast/ White Bread/ Brown Bread	Toast/ White Bread/ Brown Bread	Toast/ Oats Bread/ Brown Bread	Toast/ Fruit Bread/ Brown Bread	Toast/ White Bread/ Brown Bread	Toast/ Oats Bread/ Brown Bread	
Jam/Butter	Mix Fruit Jam/ Butter	Mix Fruit Jam/Butter	Mix Fruit Jam/ Butter	Mix Fruit Jam/Butter	Mix Fruit Jam/Butter	Mix Fruit Jam/Butter	
Main Dish	Rawa Upma	Appam	Aval uppuma	Millet Ragi Puttu	Idly	Poori Masala	
2nd Veg Dish	Veg Cheese Ball	Black channa Curry	Paneer Bhajji	Banana fruit	Sambhar		
Egg/Sausages	Boiled egg		Omelette				Coconut Chutney - Tomato Chutney
Sauce	Chutney		Red Chutney		Coconut Chutney		
MID MORNING							
Fruit/Snacks	Apple Cinnamon cake	Green Cup Cake	Banana Muffins	Sugar Cream bum	Jam Biscuits	Layer loaf cake	
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	
LUNCH							
Rice	Rice	Cream of Pesto Soup	Rice	Moon dal kichadi	Rice	Rice	Dry Tomato rice
Indian Bread	Whole Wheat Chapati	Foccacia bread	Whole Wheat Chapati	Seasme Chapathi	Multi Grain Chapati	Whole Wheat Chapati	Fried lentils Curd rice
Pulses/ Dal	Vengaya vadagam Iyengar Sambhar	Penne Pasta Primavera	Chilli Dal curry		Mix Dal Fry	Sambhar	
Veg/ paneer	Bhindi Tokri	Garlic & Seasoned French Fries		Green Chutney	Mixed Veg Tossed	Beetroot Poriyal	
Veg.2/ Conti			Soya Dahi Tarkari	Baigun Partha	Soya 65		
Non Veg/ Pepper Water	Rasam		Rasam		Egg Roast curry	Rasam	
Raita/	Curd		Curd	Curd	Curd	Curd	Chutney
Salad/Papad	Pappad		Corn Fritters	Papad		Papad	Fryams
Pickle/ Chutney	Pickle		Pickle	Pickle	Pickle	Pickle	Pickle
Fruit/ Dessert	Fruit	Rasamali	Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	White Sundal & Sweet Pongal	Aloo bonda	Chocolate Croissant	Egg Roll Puff / Veg Roll Puff	Raw Banana Bhajji	Samosa	Peanut Spread Bread
Beverage	tea	Tea	Tea	Nutmug Coffee	Tea	Tea	Coffee
DINNER							
Soup							
Rice	Steamed Rice	Kashmiri Pulao	Chicken Nuggets	White Rice	Fried Rice	Fried Rice	Rice
Bread	Whole Wheat Chapati	Garlic Naan	Veg Nuggets	Parotta	Lemon Coriander Soup	Maggi Noodles	Whole Wheat Chapati
Pulses/ Dal/ Veg	Ceylon Dal Tadka	Dal Makhani	Mutter Mushroom Gravy	Dal Mughal			Dal Fry
Veg/ paneer	Paneer Tikka Roast maslala	Paneer Butter Masala		Paneer Tikka Masala		Paneer Chilly	Malai Kofta
2nd Veg./ N- Veg/ Conti		Cauliflower 65	Veg Briyani		Veg Hakka Noodles	Baby Corn Chilly	
Non Veg	Chicken Bhuna Masala		Chicken Briyani/Chicken Curry	Chicken Tikka Masala	Chicken Hakka Noodles	Chicken Dynamite	Chicken Rissotto
Pepper Water	Rasam		Brinjal Salna	Rasam			Rasam
Fruit/ Dessert	Mothi Pak	kala Kanth	Brownie with I/C	Pineapple Keshari	Choco lava cake	Sugar Cream Cake	Moong Dal Payasam
Milk		Hot Milk	Juice				
Approx.Calories	2744 Kcal	2560Kcal	2880Kacl	2890Kcal	2790Kcal	2762Kcacl	2690Kcal

*** Menu subject to change according to the availability of seasonal vegetable & raw material***