

## WEEK 1 MEAL PLANNER

DAY	BREAKFAST 7:40 - 8:20am	MID-MORNING SNACK 9:55 - 10:05am	LUNCH 12:05am - 1:30pm (staff & Kids)	SNACK 3:00 - 3:10pm	Evening Snack for Boarders 5:25 -5:40 pm	DINNER 7:50-8:20 pm	Post Dinner Milk for Boarders 8:30 pm
MONDAY	Kellogs Cornflakes/ Muesli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Pongal/ Masala Vada with Coconut Chutney Diced Fresh Fruit - Papaya	Fresh Lime Juice Cookies	Vegetable Pasta in a creamy Red Sauce Choley with Mild Spiced Gravy Aloo Gobi dry Coconut Rice Steamed Rice Rasam Indian Bread - Tandoori Kulcha Yogurt Dessert - Gulab Jamun Cucumber & Tomato Salad	Orange Juice Corn & Cheese Sandwich Tea	Hot Milk with Bournvita Brownie	Creamy Tomato Soup with Soup Sticks Butter Chicken Paneer Butter Masala Stir-Fried Mixed Vegetable Steamed Rice Rasam Indian Bread - Wheat Parantha Yogurt Green Salad/Pickle	Horlicks
TUESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled Egg Stuffed Aloo Parantha with Curd & Mint Chutney Diced Fresh Fruit - Mixed Fruit	Mousambi Juice Banana	Diced Cottage cheese gravy with Peas Deep fried Vegetable balls in a hot Munchurian sauce Schezwan Veg Fried Rice Schezwan Egg Fried Rice Steamed Rice Sambar Indian Bread - Chapattis Yogurt Broccoli & Corn Salad	Fresh Lime Juice Carrot Cake Tea	Banana Milkshake Masala bun	Wholesome Hot & Sour Soup with Vegetable/ Chicken Thai Dish Punjabi Lobia Curry Kurkuri bhindi fry Steamed Rice Rasam Indian Bread - Chapattis Yogurt Banana	Horlicks
WEDNESDAY	Kellogs Cornflakes/ Muesli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal French toast with honey Idli/Vada with Chutney & Sambar Diced Fresh Fruit - Watermelon	Orange Juice Carrot/ Cucumber sticks	Chicken Biryani served with Raita Vegetable Biryani served with Raita Creamy Dal Makhani Steamed Rice Rasam Indian Bread - Tandoori Naan Yogurt Green Salad	Mixed Fruit Juice Pocket Puff Tea	Lemon Juice Bhel Puri	A warm hearty Noodle Soup with Chicken/Vegetables Yellow Dal Tadka(Spicy) Jeera Aloo Jeera Rice Rasam Indian Bread - Tandoori Roti Yogurt Boiled Vegetable Salad	
THURSDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Omlette (Veg/Plain) Puri with Channa Masala Diced Fresh Fruit-- Watermelon	Watermelon Juice Cheese Sandwich	Vegetable Singapore Noodles Egg Singapore Noodles Hot & Sour Vegetables Diced Cottage cheese with Spinach Gravy Sambar Steamed Rice Indian Bread - Chapattis Traditional Curd Rice garnished with Pomegranate Dessert - Carrot/Pumpkin Halwa Italian Salad	Watermelon Juice Samosa Tea	Orange Juice Vegetable Maggie	Thai Dish Creamy Kadai Chicken Kadai Paneer with thick Gravy Vegetable Pulao Steamed Rice Rasam Indian Bread - Roomali Roti Yogurt Cut fruits/Pickle	Horlicks
FRIDAY	Kellogs Cornflakes/ Muesli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Waffles (Egg) Masala Dosa with Chutney and sambar Fruit -- Banana	Pinapple Juice Banana	Chicken Calzone Veg Calzone Rajma in thick Gravy Jeera Flavoured Rice Rasam Steamed Rice Yogurt Green Salad	Watermelon Juice Donut Tea	Banana Milkshake Puff	Nourishing Sweetcorn Soup with Vegetable/ Chicken Steamed Rice Rasam Kashmiri Dum Alu Pumpkin dry Indian Bread -Chapattis Yogurt French Salad	Horlicks
SATURDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Boiled Egg Poha (with carrot, peas & potato- no onions) & Madhur vada with Chutney Diced Fresh Fruit - Muskmelon	Chocolate Milkshake Sandwich	Veg Pasta in White Cream sauce Chana Dal Fry Egg bhurji dry garnised with Coriander Lemon Flavoured Rice Sambar Steamed Rice Indian Bread - Tandoori Roti Yogurt Cole Slaw Salad	-	Hot Milk with Bournvita Potato nuggets in Oven	Minestrone Soup with Vegetables Chicken 65 Rajma Masala Capsicum with Stuffed Potato Steamed Rice Rasam Indian Bread-Wheat Parantha Yogurt Cut fruit / Papad/Pickle	Horlicks
SUNDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Set Dosa with Sambhar & Chutney Egg Bulsai Plain Omlette Steamed Rice Diced Fresh Fruit - Apples	Banana Milkshake Cake	Egg Masala Gravy Vegetable Fried Rice Potato & Green Peas in a mild spiced Tomato based Gravy Steamed Rice Rasam Indian Bread - Chapattis Dessert - Ice Cream Fudge Corn Salad	-	Fresh Lime Juice Mini Pizza	Fish Munchurian Dry Hyderabadi Paneer Veg Jalfrezi Steamed Rice Rasam Indian Bread- Chapattis Yogurt Salad/Papad/Pickle	Horlicks