

WEEK 2 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 Stuffed Aloo Parantha with thick curd, Mint Chutney and pickle Diced Fresh Fruit - Muskmelon	Mousambi Juice Cookies	Vegetable Hakka Noddles Gobi Manchurian Hyderabad Paneer in thick Gravy Baked Stuffed Potato Rasam Steamed Rice Indian Bread - Roomali Roti Yogurt Dessert - Badam Puri Raw Papaya Salad	Pinapple Juice Vegetable/ Cheese Sandwich Tea	Cold Choco Milkshake Masala Bun	Tomato Soup with Creamy Sticks Thai Green Chicken Curry Dal Tadka Jeera Aloo Sabzi Jeera Rice Rasam Indian Bread - Kulcha Yogurt Green Salad/Pickle	Horlicks
TUESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled Egg Poha with carrot, peas & potato (less onion) with Madur vada with chutney Diced Fresh Fruit - Pineapple	Chocolate Milkshake Carrot/ Cucumber sticks	Vegetable Pasta in a white creamy Sauce Mixed Dal tadka Stir-Fried Mixed Vegetable Lemon Flavoured Rice Steamed Rice Sambar Indian Bread - Chapati Yogurt Corn Salad	Grape Juice Choco Chip Muffin Tea	Hot Milk with Bournvita Grilled Cheese on Wheat bread	Classic Minestrone Soup Stirred Fried Rice with Scrambled Egg Yellow Dal Tadka Stirred fried Stuffed bhindi Steamed Rice Rasam Indian Bread- Chapati Yogurt Russian Salad	Horlicks
WEDNESDAY	Kellogs Cornflakes/ Muesli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Pan Cake Idli/Vada with Chutney & Sambar Diced Fresh Fruit - Guava	Fresh lime Juice Plain Chutney Sandwich	Egg Masala Gravy Malai Kofta in thick creamy Gravy Cabbage with Green Peas Tomato Flavoured Rice Rasam Steamed Rice Indian Bread - Tandoori Roti Yogurt Green Sprouts Fruit Salad	Watermelon Juice Vada Pav Tea	Mosumbi Juice Mangalore Bun	Wholesome Hot & Sour Soup with Vegetable/ Chicken Punjabi Kadhi Pakora Baingan Bharta Steamed Rice Rasam Indian Bread-Tandoori Roti Yogurt Boiled Vegetable Salad	Horlicks
THURSDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Scrambled Egg Paneer bhurji with Plain Wheat Parantha Fruit- Banana	Watermelon Juice Cookies	Thai Egg Fried Rice Rajma in thick Gravy Jeera Potato Bisi-Bele Bath with mixture Rasam Steamed Rice Indian Bread - Chapattis Yogurt Aloo chana Chat Salad Dessert - Kheer with Shahi Tudka	Fresh Lime Juice Roti Mix Veg Roll Tea	Cold Badam Milkshake Vegetable Maggie	Thai Dish Creamed Spinach Chicken Diced Cottage cheese with Spinach Gravy Lemon Flavoured Rice Steamed Rice Rasam Indian Bread-Wheat Paratha Yogurt American Salad	Horlicks
FRIDAY	Kellogs Cornflakes/ Muesli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) French toast with honey Oatmeal Masala Dosa with aloo, Sambar & Chutney Diced Fresh Fruit - Papaya	Orange juice Banana	Chicken Pizza Veggie Pizza Dal Makhani Sambar Steamed Rice Indian Bread - Chapattis Yogurt Cole Slaw Salad	Mousambi Juice Banana cake Tea	Lemon Juice Veg Spring Roll (in Pizza Oven)	Nourishing Sweetcorn Soup with Vegetable/ Chicken Yellow Daal Mix with Tadka Aloo Gobi dry Steamed Rice Rasam Indian Bread-Chapati Yogurt French Salad	Horlicks
SATURDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Vegetable Omelette Choley Bhature Diced Fresh Fruit - Mixed Fruit	Pineapple Juice Cheese Sandwich	Vegetable Macroni in Red Sauce Punjabi Lobia Curry Sautedd Okra Steamed Rice Rasam Indian Bread - Tandoori Roti Yogurt Green Salad	-	Banana Milkshake Stuffed Bread Pakoda	Methi Malai Chicken Malai Kofta in thick creamy Gravy Baked Stuffed Potato Steamed Rice Rasam Indian Bread-Roomali Roti Yogurt Cucumber Tomato/Carrot Salad	Horlicks
SUNDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Omelette/Bulsia as per request Upma & Kesari Bhat	Banana Milkshake Plain Cake	Thai Chicken Fried Rice Thai Vegatable Fried Rice Mushroom & Green Peas in a mildy spiced Tomato based Gravy Steamed Rice Sambar Indian Bread - Tandoori Roti Yogurt Ice Cream Corn Salad	-	Orange Juice Aloo Tikki	Fish Curry with Coconut Gravy Shahi Paneer Stirred fried Veg Noodles Steamed Rice Rasam Indian Bread - Paratha Yogurt Salad / Papad/Pickle	Horlicks