

WEEK 3 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 Boiled Egg Pav Bhaji Diced Fresh Fruit - Papaya	Fresh Lime Juice Cookies	Veg Singapore Fried Rice Singapore Egg Fired Rice Mushroom in a hot Manchurian sauce Dal Makhani Stir-Fried Mixed Vegetable Rasam Steamed Rice Indian Bread - Roomali Roti Yogurt Dessert - Jalebi	Orange Juice Corn & Cheese Sandwich Tea	Hot Milk with Bournvita Focaccia	Vegetable Pasta Soup Butter Chicken Paneer Butter Masala Sauteed potatoes with Capsicum Steamed Rice Rasam Indian Bread - Wheat Paratha Yogurt Broccoli & Corn Salad	Horlicks
TUESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Poori with Chana Masala Diced Fresh Fruit - Watermelon	Mousambi Juice Banana	Veg Pasta in creamy Tomato sauce Chana Dal Fry Stirred fried Stuffed bhindi Green Peas Pulao Sambar Steamed Rice Indian Bread - Chapati Yogurt Cole Slaw Salad	Mixed Fruit Juice Banana bread Tea	Orange/ Mousambi Juice Mini Samosa	Classic French Onion Soup Thai Dish Punjabi Lobia Curry Lauki Chana Dal Steamed Rice Sambar Indian Bread - Chapati Yogurt Thai Green Papaya Salad	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 - Mixed Fruit	Orange Juice Carrot/ Cucumber sticks	Hyderabadi Chicken Hyderabadi Paneer Ghee Rice Rasam Steamed Rice Indian Bread - Naan Yogurt Green Salad	Mixed Fruit Juice Donut Tea	Chocolate Milkshake Kachori with sweet & mint chutney	Creamy Vegetable Soup Creamy Chicken Soup Dal Makhani Baked Stuffed Potato Steamed Rice Rasam Indian Bread - Tandoori Roti Yogurt Steamed Vegetable Salad	Horlicks
THURSDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Omelette Pongal/ aloo bhonda with less onion with chutney Diced Fresh Fruit-- Watermelon	Watermelon Juice Cheese sandwich	Vegetable Hakka Noodles Egg Hakka Noodles Tandoori Mix Veg with separate Gravy Yellow Dal Tadka Sambar Indian Bread - Chapati Traditional Curd Rice garnished with Pomegranate Mixed Veg Salad Dessert - Bread & Butter Pudding	Watermelon Juice Veg Puff Tea	Banana Milkshake Samosa	Thai Dish Creamy Kadai Chicken Creamy Kadai Paneer Vegetable Pulao Steamed Rice Rasam Indian Bread - Paratha Yogurt Italian Salad	Horlicks
FRIDAY	Kellogs Cornflakes/ Muesli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled Egg Set Dosa & Carrot Dosa with Coconut Chutney & Sambar Fruit -- Banana	Orange juice Cookies	Chicken Shami Kabab Veg Seekh Kabab Methi Palak Dal fry Rasam Steamed Rice Indian Bread - Chapati Green Salad Yogurt	Watermelon Juice Banana Tea	Hot Milk with Bournvita Pretzels	Nourishing Sweetcorn Soup with Vegetable/ Chicken with Vegetable/ Chicken Kashmiri Dum Alu Pumpkin 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 Omelette Upma with Kesari bhat Diced Fresh Fruit - Muskmelon	Chocolate/Strawberry Milkshake Cookies	Stirred Fried Rice with Scrambled Egg Stirred Fried Rice with Vegetable Potato & Green Peas in a mild spiced Tomato based Gravy Gobi Manchurian Steamed Rice Rasam Indian Bread - Tandoori Roti Yogurt Thai Green Papaya Salad	-	Watermelon Juice Crispy Corn	Classic Minestrone Soup Chicken 65 Rajma in thick Gravy Roasted Eggplant curry Steamed Rice Rasam Indian Bread-Plain Paratha Yogurt Cut fruit / Papad/Pickle	Horlicks
SUNDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Omelette/bulsia as per request Onion/Plain Uttapam with Sambhar & Chutney Diced Fresh Fruit - Apples	Banana Milkshake Cookies	Chicken with Garlic Pepper sauce Malai Kofta in thick creamy Gravy Steamed Rice Pudina Flavoured Rice Rasam Indian Bread - Chapati Yogurt Dessert - Ice Cream Corn Salad	-	Vanilla Milkshake Pizza	Grilled Fish Steaks Kadai Paneer Steamed Rice Yellow Dal Tadka Rasam Indian Bread-Tandoori Roti Yogurt Waldorf Salad	Horlicks