

WEEK 4 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 Stuffed Aloo Parantha with thick curd and mint chutney Diced Fresh Fruit - Papaya	Mousambi Juice Cookies	Kadai Paneer Stirred Fried Vegetables Egg Rice Coconut Rice Sambhar Steamed Rice Indian Bread - Tandoori Roti Yogurt Dessert - Sewiyam Kheer Greek Salad	Pinapple Juice Vegetable Sandwich Tea	Orange Juice Masala Papad	Nourishing Sweetcorn Soup with Vegetable Thai Green Chicken Curry Paneer Do Pyaza Dal Tadka Zeera Rice Rasam Indian Bread - Roomali Roti Yogurt Green Salad/Pickle	Horlicks
TUESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Poha with carrot, peas & potato (less onion) with Madur vada with chutney Diced Fresh Fruit - Guava	Chocolate Milkshake Carrot/ Cucumber sticks	American Chopsuey Chickpeas Curry Pumpkin Matar dry Lemon Flavoured Rice Steamed Rice Rasam Indian Bread - Chapati Yogurt Corn Salad	Grape Juice Muffin Tea	Hot Milk with Bournvita Grilled Cheese Sandwich	Vegetable Manchow Soup Stirred Fried Rice with Scrambled Egg Masur Daal Tadka Parwal Chana bhujia Steamed Rice Rasam Indian Bread- Chapati Yogurt Cucumber & Tomato 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 - Pineapple	Fresh lime Juice Plain Chutney Sandwich	Egg Masala Curry Rajma in thick Gravy Aloo Gobi dry Puliyogare Rice Rasam Steamed Rice Indian Bread - Roomali Roti Yogurt American Salad	Watermelon Juice Chutney Sandwich Tea	Sweet Lime water Plain Egg Tikki Bun/ Plain Aloo Tikki Bun	Wholesome Hot & Sour Soup with Vegetable/ Chicken Punjabi Kadhi Pakora Baingan Pakor 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 Boiled Egg Oatmeal Masala Dosa with Sambar & Chutney Fruit - Banana	Watermelon Juice Cookies	Vegetable Singapore Fried Rice Egg Singapore Fried Rice Deep fried Vegetable balls in a hot Munchurian sauce Punjabi Choley Masala Bisi-Bele Bath with mixture Steamed Rice Rasam Indian Bread - Chapati Yogurt Thai Green Papaya Salad Dessert - Mysore Pak	Fresh Lime Juice Veg Roti Roll Tea	Orange Juice Mangalore Bun	Thai Dish Methi Malai Chicken Methi Malai Paneer Steamed Rice Rasam Indian Bread- Paratha Yogurt Italian Salad	Horlicks
FRIDAY	Kellogs Cornflakes/ Muesli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Paneer bhurji with Plain Wheat Parantha Diced Fresh Fruit - Muskmelon	Orange Juice Banana	Chicken Burger with Mayonnaise & lettuce Veg Burger with Mayonnaise & Lettuce French Fries Palak Pakora Kadh Rasam Steamed Rice Indian Bread - Chapati Yogurt Green Salad	Mousambi Juice Banana Tea	Lemon Juice Kachori	Nourishing Sweetcorn Soup with Vegetable/ Chicken Punjabi Lobia Masala Stir-Fried Mixed Vegetable Steamed Rice Rasam Indian Bread-Chapati Yogurt French Salad	Horlicks
SATURDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Onion Uttapam with Sambar & Chutney Diced Fresh Fruit - Mixed Fruit	Pineapple Juice Cheese Sandwich	Egg Hakka Noodles Vegetable Hakka Noodles Deep fried Vegetable balls in a hot Garlic Sauce Lauki Kofta in thick creamy Gravy Steamed Rice Rasam Indian Bread - Tandoori Roti Yogurt	-	Banana Milkshake Plain cake	Hyderabadi Chicken Rajma in thick Gravy Baked Stuffed Potato Steamed Rice Rasam Indian Bread- Tandoori Kulcha Yogurt Vegetable Salad	Horlicks
SUNDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Steamed Rice Omelette/Bulsia Choley Bhatura	Banana Milkshake	Chilli chicken Veg Pasta in Red Creamy Sauce Yellow Dal Tadka Tandoori Mix Veg with separate Gravy Steamed Rice Sambar Indian Bread - Chapati Yogurt Dessert - Ice Cream Broccoli & Corn Salad	-	Fresh Lime Juice Pav Bhaji	Veg Singapore Noodles / American Chopsuey Crispy Honey Chilli Potatoes/French Fries Veg & Non Veg Manchurian Baked Stuffed Potato Continental Buns/Garlic Bread	Horlicks