

**WEEK 4 MEAL PLANNER**

DAY	BREAKFAST 7:40 - 8.30am	MID-MORNING SNACK 10:30 - 10:45 am	LUNCH 12:15 pm - 1:30pm (staff & Kids)	SNACK 3:10 pm	Evening Snack for Boarders 5.45 -6:00 pm	DINNER 7:45-8:15 pm	Post Dinner Milk for Boarders 8:30 pm
MONDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled Egg Seviyan bhat and Masala Vada with chutney Seasonal Fresh Fruit	Mousambi Juice Banana	Egg Fried Rice Veg Fried Rice Matar Paneer Stirred Fried Vegetables Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Greek Salad Dessert - Carrot/Pumpkin Halwa	Pinapple Juice Vegetable Sandwich with green chutney Tea	Orange Juice Veg Puff	Thai Chicken Dish (Outsourced) Kadai Chicken Mushroom Matar Do Pyaza Elephant Yam dry Plain Rice Rasam Indian Bread- Naan Yogurt Cucumber & Tomato Salad	Milk
TUESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal, Scrambled Egg Onion & Plain Dosa Sambar &Chutney Seasonal Fresh Fruit	Chocolate Milkshake Cookies	Veg Chopsey Masur Dal Fry Aloo capsicum Tomato Rice Plain Rice Rassam Indian Bread - Chapati Yogurt Corn Salad	Grape Juice Muffin Tea	Hot Milk Bournvita Bhel Puri	Black Chana Gravy Egg bhurji dry Crispy bhindi Jeera Rice Plain Rice & Rasam Indian Bread -Chapathi Yogurt Green Salad/Pickle	Milk
WEDNESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Boiled Egg Oatmeal Khara & Sweet Pongal with chutney Seasonal Fresh Fruits	Fresh lime Juice Carrot/ Cucumber sticks	Chicken Biryani Veg Biryani Punjabi Curry Pakoda Plain Rice Sambar Indian Bread - Chapati Yogurt American Salad	Watermelon Juice Veg Kaati Roll Tea	Sweet Lime Juice Veg Grilled Sandwich	Hot & Sour Soup (Veg & Non-Veg) Kadai Paneer Raw banana dry Ghee Rice Plain Rice & Rasam Indian Bread-Naan Yogurt Boiled Vegetable Salad	Milk
THURSDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Pan cake Idli, Vada with Sambar & chutney Seasonal Fresh Fruit	Watermelon Juice Biscuits	Veg Singapore Fried Rice Veg ball Manchurian Gravy Hyderabadi Paneer Sweet Pumpkin with mutter Dry Curd Rice Plain Rice & Rasam Indian Bread - Tandoori Roti Thai Papaya Salad Dessert -Mysore Pak	Pinapple Juice Kachori with Sauce Tea	Orange Juice Vegetable Maggi	Methi Chicken Choley Masala Grilled Vegetables in Green Masala Plain Rice Rasam Indian Bread- Roomali Roti Yogurt Vegetable cut salad	Milk
FRIDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg/ Paneer Paratha With Curd & Mint Chutney Seasonal Fresh Fruit	Orange Juice Banana	Chicken Pizza Veg Pizza Rajma Bharwa Baingan Sambar Plain Rice Indian Bread - Chapathi Yogurt Green Salad	Mousambi Juice Banana Cake Tea	Lemon Juice Veg Spring Roll	Thai Chicken Dish (Outsourced) French Onion Soup (Veg & Chicken) Mix Yellow Dal Tadka Stuffed Aloo Lemon Rice Plain Rice & Sambar Indian Bread - Tandoori Roti French Salad	Milk
SATURDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Pav Bhaji Boiled Egg Seasonal Fresh Fruit	Pineapple Juice Chutney Sandwich	Vegetable Pasta in White Sauce Egg Masala Curry Methi Malai Paneer Mixed Vegetable Dry Plain Rice & Rasam Indian Bread - Wheat Parantha Yogurt Italian Salad Dessert - Badam Puri		Banana Milkshake Doughnuts	Chicken Kabab Veg Kabab Singapore Veg Fried Rice Dal Makhani Plain Rice Rasam Indian Bread-Chapati Yogurt Peanut Salad	Milk
SUNDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Egg - counter Masala Dosa with Sambar and chutney Fresh Cut Fruits	Strawberry Milkshake Plain Cake	Veg Choupsey Chilli Potato Rajma Gravy Plain Rice Rasam Indian Bread - Tandoori Roti Yogurt Broccoli & Corn Salad Ice Cream	-	Fresh Lime Juice Veg Burger	Mutton Biryani Veg Biryani Aloo Matar Gravy Indian Bread-Roomali Roti Plain Rice / Rasam Yogurt Continental Salad	Milk