

WEEK 2 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 Scrambled Egg Sevyan bhat and Masala Vada with chutney Seasonal Fresh Fruit	Mousambi Juice Cookies	Veg Hakka Noodles Egg Hakka Noodles Veg Ball Manchurian Methi Paneer Gravy Grilled Vegetable dry Rasam/plain Rice Indian Bread-Tandoori Roti Yogurt Italian Salad Dessert - Badam Puri	Pinapple Juice Tea Vegetable Sandwich with green chutney	Chocolate Milkshake Samosa	Thai Chicken Dish (Outsourced) Butter Chicken Punjabi Choley Mixed Vegetable Plain Rice Rasam Indian Bread-Roomali Roti Yogurt French Salad Green Salad/Pickle	Milk
TUESDAY	Kellogs Cornflakes/ Musseli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled Egg Onion & Plain Dosa with Sambar & Chutney Seasonal Fresh Fruit	Chocolate Milkshake Peanut sandwich	Pasta with Tomato Sauce Rajma Gravy Baigan bharta with peas Lemon Rice Plain Rice Sambar Indian Bread - Chapati Yogurt Corn Salad	Grape Juice Choco Chip Muffin Tea	Hot Milk with Bournvita Veg Spring Roll	Egg curry Masala Masur Daal Chana Beetroot dry Palak Rice Plain Rice & Rasam Indian Bread -Chapati Yogurt Green Salad	Milk
WEDNESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Choley Bhatura Seasonal Fresh Fruit	Fresh lime Juice Banana	Chicken Biryani Veg Biryani Lobia Curry Plain Rice/Rasam Indian Bread -Chapati Yogurt Green Salad	Watermelon Juice Veg Puff Tea	Mosambi Juice Bhel Poori	Hot & Sour Soup(Veg & Non-Veg) Dal Makhani Jeera Aloo Plain Rice & Rasam Indian Bread-Wheat Paratha Yogurt Boiled Vegetable Salad	Milk
THURSDAY	Kellogs Cornflakes Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal French toast Idli, Vada With Samber&Chutney Seasonal Fresh Fruit	Watermelon Juice Carrot/ Cucumber sticks	Thai Veg Fried Rice Thai Egg Fried Rice Gobi Manchurian in Gravy Black Chana Gravy Curd Rice Plain Rice & Rasam Indian Bread-Methi Roti Yogurt Macoroni chana Chat Dessert - Dry Gulab Jamun	Fresh Lime Juice Veg Kaati Roll Tea	Cold Badam Milkshake Vegetable Maggie	Chicken Kalimich Paneer kalimirch Parwal Chana dry Coconut Rice Plain Rice Rasam Indian Bread-Chapati Yogurt American Salad	Milk
FRIDAY	Kellogs Cornflakes/ Mueslie Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Paneer Parantha with curd & chutney Seasonal Fresh Fruit	Orange juice Biscuit	Chicken Pizza Veg Pizza Punjabi Curry Pakoda Rasam Plain Rice Indian Bread - Wheat Paratha Yogurt Cole Slaw Salad	Mousambi Juice Veg Grill Sandwich Tea	Bournvita Kachori with mint&sweet chutney	Thai Chicken Dish (Outsourced) French Onion Soup Mix Yellow Dal Tadka Stuffed Aloo Puliyogare Rice Plain Rice &Samber Indian Bread-Chapathi Yogurt French Salad	Milk
SATURDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Omlette Poori with Alu Saagu Seasonal Fresh Fruit	Pineapple Juice Cake	Vegetable Macroni with white Sauce Paneer Lababdar Stuffed Aloo Peas Soya Pullav Plain Rice & Rasam Indian Bread- Parantha Yogurt Continental Salad Dessert -Carrot or White Pumpkin Halwa		Orange Juice Veg Burger	Chicken Manchurian dry Baby Corn Manchurian dry Rajma Gravy Lemon Rice Rasam/Plain Rice Indian Bread-Chapathi Yogurt Mix Green Salad	Milk
SUNDAY	Kellogs Cornflakes/ Mueslie Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Egg - counter Pav Bhaji Seasonal Fresh Fruit	Banana Milkshake Cookies/ Fresh Banana	Thai Chicken Fried Rice Thai Veg Fried Ric Veg Ball in Garlic Sauce Kadai Mushroom Plain Rice & Rasam Indian Bread Chapathi Corn Salad Yogurt Ice Cream	-	Sweet Jaljeera Stuffed Bread Pakora	Mutton Biryani Veg Biryani Aloo Matar Gravy Plain Rice & Rasam Indian Bread - Parantha Yogurt Salad / Papad/Pickle	Milk