

WEEK 3 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 Poha with Madhur Vada and chutney Seasonal Fresh Fruit	Fresh Lime Juice Cookies	Veg Singapore Fried Rice Egg Singapore Fried Rice Hot & Sour Vegetable Kadai Paneer Aloo Methi Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Peanut & mix Veg Salad Dessert - Jalebi	Chutney & cucumber Sandwich Orange Juice Tea	Hot Milk with Bournvita Veg Cutlet	Thai Dish (Outsourced) Butter Chicken Dal Makhani Gobi Matar Plain Rice & Rasam Indian Bread - Parantha Yogurt Thai Papaya Salad	Milk
TUESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Masala Dosa with Sambar & Chutney Seasonal Fresh Fruit	Mousambi Juice Cucumber and carrot	Pasta with Vegetables Dal Palak Soya chunks with Potato Puliyogare Rice Plain Rice & Sambar Indian Bread - Chapathi Yogurt Cole Slaw Salad	Grape Juice / Tea Stuffed Bread Pakoda	Orange Juice Bhel Poori	Egg Masala Lobia Curry Grilled vegetable Dry Plain Rice & Rasam Indian Bread-Chapathi Yogurt Broccoli & Corn Salad	Milk
WEDNESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled egg Akki Roti with Chutney Veg Cutlet Seasonal Fresh Fruit	Pineapple Juice Banana	Butter Chicken Paneer Butter Masala Ghee Rice Aloo beans Rassam Plain Rice Indian Bread -Wheat Parantha Yogurt Continental Salad	Water Melon Juice / Tea Browni	Chocolate Milkshake Kachori with sweet & mint chutney	French Onion Soup (Veg & Chicken) Yellow Dal Tadka Stuff Aloo Plain Rice & Rasam Indian Bread - Kulcha Yogurt Boiled Veg Salad	Milk
THURSDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal , Waffles Idli, Vada with Samber & Chutney Seasonal Fresh Fruit	Watermelon Juice Biscuits	Veg Hakka Noddles Egg Hakka Noodles Baby Corn Manchurian Malai Kofta curry Bhindi Dry Plain Rice & Sambar Indian Bread-Methi Roti Yogurt Mixed Veg Salad Dessert-Bread Pudding	Mix Fruit Juice Manglore Bun Tea	Banana Milkshake Vegetable Maggi	Kadai Chicken Kadai Paneer Beetroot dry Ghee Rice Plain Rice Rasam Indian Bread -Plain Parantha Yogurt Italian Salad	Milk
FRIDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal , Scrambled Egg Aloo Parantha with curd & chutney Seasonal Fresh Fruit	Pineapple juice Cookies	Chicken Burger with Mayonnaise & lectus Veg Burger with Mayonnaise & lectus French Fries Rajma Plain Rice & Sambar Indian Bread - Chapati Mix Salad, Yogurt	Orange Juice Veg Grill Sandwich Tea	Bournvita Milk Veg Katti Roll	Thai Chicken Dish (Outsourced) Hot & Sour Soup (Veg & Non-Veg) Macroni with White Sauce Dum Alu Pumpkin Plain Rice & Rasam Indian Bread -Chapati Yogurt French Salad	Milk
SATURDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Omlette Kesari Bath, Upma With Chutney Seasonal Fresh Fruit	Mix Fruit Juice Banana	Egg Fried Rice Veg Fried Rice Veg ball Manchurian Gravy Dal Makhani Jeera Aloo Plain Rice Sambar Indian Bread - Methi Chapati Yogurt Thai Papaya Salad Dessert- Gulab Jamun	-	Caramel Milk Shake Veg Spring Roll	Chicken 65 Gobi 65 Masoor Dal Tadka Plain Rice Rasam Indian Bread-Plain Parantha Yogurt Sprouts Salad Papad/Pickle	Milk
SUNDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Choley Bhatura Egg - counter Seasonal Fresh Fruit	Lemon Juice Cookies	Chicken Biryani Peas & Soya Pulao Malai Kofta Plain Rice Rasam Indian Bread - Chapathi Yogurt Corn Salad Ice Cream	-	Strawberry Milk Shake Masala Poori	Fish Masala Fry Paneer Manchurian dry Black Chana Curry Plain Rice/Rasam Indian Bread-Parantha Yogurt Mix veg Salad	Milk