

WEEK 1 MEAL PLANNER							
DAY	BREAKFAST 7:40 - 8:30am	MID-MORNING SNACK 10:30 - 10:45am	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	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Poha & Paddu with chutney Seasonal Fresh Fruit	Fresh Lime Juice Cookies	Pasta with Vegetables Choley Masala Gobi masala dry Jeera Rice Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Arabic Salad Dessert - Gajar Halwa	Orange Juice Corn sandwich Tea	Hot Milk with Bournvita Schezwan Sandwich	Thai Dish (Outsourced) Chicken Lababdar Paneer Lababdar Plain Rice Rasam Indian Bread -Roomali Roti Yogurt Mexican Salad	Milk
TUESDAY	Kellogs Cornflakes Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal / Boiled Egg Masala Dosa with chutney and Sambar Seasonal Fresh Fruit	Banana Milk Shake Rusk	Egg Curry Veg Kofta with brown Curry Aloo Capsicum Dry Ghee Rice Plain Rice/ Sambar Indian Bread -Wheat Parantha Yogurt Green Sprout Salad	Fresh Lime Juice Veg Puff Tea	Banana Milkshake Momos	Veg Creamy Pasta Chicken Creamy Pasta Black Chana Crispy Bhindi Plain Rice Rasam Indian Bread-Chapati Yogurt Boiled Vegetable Salad Dessert - Pineapple Pastry	Milk
WEDNESDAY	Cornflakes/ Museli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal / Spanish Omelette Akki Roti & Bisi Bele Bhat with Chutney Seasonal Fresh Fruit	Orange Juice Carrot/ Cucumber sticks	Chicken Hyderabad Dum Biryani Veg Hyderabad Dum Biryani Mixed Raita (with & without onion) Gatte Ki Sabzi Plain Rice/Rasam Indian Bread - Chapati Yogurt Green Salad	Zingy Parcel Mixed Fruit Juice Tea	Lemon Juice Mini Burger	Rajma Egg Bhurji Paneer Bhurji Ghee Rice Plain Rice/ Rasam Indian Bread -Tandoori Roti Yogurt Broccoli & Apple Salad Dessert - Mysore Pak	Milk
THURSDAY	Kellogs Cornflakes Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal French Toast Idli, Vada With Sambar & Chutney Seasonal Fresh Fruit	Watermelon Juice Sandwich	Veg Singapore Noodles Egg Singapore Noodles Veg Ball in Garlic Sauce Palak Paneer Sambar Indian Bread - Missi Roti Puligoyare rice Italian Salad Dessert - Fruit Custard	Watermelon Juice Dhokla Tea	Orange Juice Special chiji PG Maggi noodle	Kadai Chicken Punjabi Choley Pumpkin dry Plain Rice Rasam Indian Bread - Paratha Yogurt Green Salad	Milk
FRIDAY	Kellogs Cornflakes/ Museli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Seasonal Fresh Fruit Boiled Egg Aloo Parantha with Curd & Mint Chutney	Pinapple Juice Peanut Banana	Chicken Pizza Veg Pizza Andra style Pappu Dal Rasam Plain Rice Indian Bread - Chapati Yogurt American Corn Salad	Watermelon Juice Banana Bread Tea	Strawberry Milk Shake Veg Grill Sandwich	Thai Chicken Dish (Outsourced) Egg Biryani with Raita Veg Biryani with Raita Lobia Curry Plain Rice Rasam Indian Bread - Chapati Yogurt French Salad Dessert - Jalebi	Milk
SATURDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Scrambled Egg Choley Bhatura Seasonal Fresh Fruit	Mousambi Juice Plain Cake	Veg Fried Rice Egg Fried Rice Gobi Manchurian in Schwezan Sauce Dal Makhani Paneer Methi Chaman Dry Plain Rice & Rasam Indian Bread Parantha Yogurt Italian Salad Dessert - Til Ladoo	-	Bournvita Milk Onion Pakoda	Chicken 65 Dry Paneer 65 Dry Andhra Palak Pappu Plain Rice Rasam Indian Bread-Plain Wheat Parantha Yogurt Mixed Salad Papad	Milk
SUNDAY	Kellogs Cornflakes/ Muesli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Eggs -counter Cheese scrambled eggs with spinach Upma (Sweet & Khara)with Chutney Seasonal Fresh Fruit	Strawberry Milkshake Cake	Thai Veg Noodles Thai Egg Noodles Thai Peanut Sauce Mushroom Masala Plain Rice Rasam Indian Bread- Chapathi Yogurt Salad/Papad/Pickle	-	Lemon & Mint Mojito Juice Papadi Chaat	Chicken Biryani Veg Biryani Kadhai Vegetable Plain Rice Rasam Indian Bread - Chapathi Corn Salad Ice cream with chocolate/Strawberry Sauce	Milk