

### 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 Akki Roti & Bisi-Bele Bhat with Chutney Seasonal Fresh Fruit	Fresh Lime Juice Cookies	Creamy Masala Pasta Shahi Paneer Aloo Gobi Masala Plain Rice Rasam Indian Bread - Tandoori Roti Yogurt Thai Papaya Salad Dessert -Apple Kheer	Orange Juice Chutney & cucumber Sandwich Tea	Hot Milk with Bournvita Veg Cutlet	Thai Dish (Outsourced) Kadai Chicken (with Veg) Dal Makhani Grilled Vegetable Dry Plain Rice Sambar Indian Bread - Naan Yogurt Korean Cucumber 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	Veg Schezwan Noodles Egg Schezwan Noodles Veg ball in Schezwan Sauce Masala Kofta Gravy Plain Rice Sambar Indian Bread - Chapathi Yogurt Black Chana Chaat Salad	Grape Juice Bread Pizza Tea	Orange Juice Hot and spicy sandwich	Veg Creamy Pasta Chicken Creamy Pasta Black Chana Crispy Bhindi Plain Rice Rasam Indian Bread-Chapati Yogurt Boiled Vegetable Salad Dessert - Strawberry Pastry	Milk
WEDNESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled egg Poori with Alu Saagu Seasonal Fresh Fruit	Pineapple Juice Banana	Thalassery Chicken Biryani Thalassery Chicken Biryani Boondi Raita Soya Chaap Gravy Plain Rice Rasam Indian Bread -Chapati Yogurt Green Salad	Water Melon Juice Brownie Tea	Chocolate Milkshake Assorted Pakodas with mint chutney	Cheesy Macaroni Green Dal Tadka Stuff Aloo Puliyogare Plain Rice & Rasam Indian Bread - Kerala Parantha Yogurt Boiled Veg Salad Dessert - Besan Ladoo	Milk
THURSDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal, French Toast Idli, Vada with Sambar & Chutney Seasonal Fresh Fruit	Watermelon Juice Biscuits	Garlic Egg Rice Garlic Veg Rice Saute Vegetables Hyderabadi Paneer Plain Rice Sambar Indian Bread-Lacha Parantha Yogurt Turkish Salad Dessert-Jalebi	Mix Fruit Juice Khandavi Tea	Banana Milkshake Schezwan Maggi noodle	Chicken with Capsicum, tomato & Onion Pizza Paneer with Capsicum, onion & tomato pizza Pappu dal Plain Rice Rasam Indian Bread -Plain Chapati Yogurt Cut Veg Salad	Milk
FRIDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal, Scrambled Egg Aloo Parantha with curd & and 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 Green Salad Yogurt	Orange Juice Stuffed bread Pakoda Tea	Bournvita Milk Fried veges sandwich	Thai Chicken Dish (Outsourced) Egg Biryani with Raita Veg Biryani with Raita Butter Mushroom Gravy Plain Rice Sambar Indian Bread -Chapati Yogurt French Salad	Milk
SATURDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Omelette Upma (Sweet & Khara)with Chutney Seasonal Fresh Fruit	Mix Fruit Juice Banana	Egg Fried Rice Veg Fried Rice Veg ball Manchurian Gravy Veg Diwani Handi Plain Rice Sambar Indian Bread - Methi Roti Yogurt Veg Boiled Salad Dessert- Dry Jamun	-	Caramel Milk Shake Mini Pizza	Murg Mussallam Paneer Mussallam Cabbage & Peas Plain Rice Rasam Indian Bread-Roomali Roti Yogurt Green Salad	Milk
SUNDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Choley Bhatura - counter Seasonal Fresh Fruit	Lemon Juice Cake	American Chopsuey Navratan Dal Fry Potato Roast Plain Rice/Rasam Indian Bread-Parantha Yogurt Mix veg Salad	-	Strawberry Milk Shake Masala Poori	Chicken Awadhi Biryani Veg Awadhi Biryani Raita Malai Kofta Plain Rice Rasam Indian Bread - Chapathi Yogurt Corn Salad Ice Cream with chocolate/Strawberry Sauce	Milk