

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 Vermacelli and Masala Vada with Chutney Seasonal Fresh Fruit	Mousambi Juice Banana	Egg Nasigorrang Veg Nasigorrang Garlic Sauce Paneer Punjabi Tadka Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Greek Salad Dessert - Pumpkin Halwa	Pinapple Juice Vegetable Sandwich with green chutney Tea	Orange Juice Veg & Egg Puff	Thai Chicken Dish (Outsourced) Chicken Do Pyaza Mushroom Matar Do Pyaza 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 with Sambar & Chutney Seasonal Fresh Fruit	Chocolate Milkshake Cookies	Veg Chopsey Navratan Dal Fry Aloo capsicum Tomato Rice Plain Rice Rassam Indian Bread - Chapati Yogurt Corn & Cucumber Salad	Grape Juice Banana Cake Tea	Hot Milk Bournvita Sweet Bread	Egg Biryani Veg Biryani Raita Punjabi Pakoda Kadi Plain Rice & Rasam Indian Bread - Chapati Yogurt Italian Salad Dessert - Chocolate Pastry	Milk
WEDNESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Omelette Choley Bhatura Seasonal Fresh Fruits	Fresh lime Juice Carrot/ Cucumber sticks	Murg Mussallam Paneer Mussallam Aloo Methi Ghee Rice Rassam Plain Rice Indian Bread -Tandoori Roti Yogurt Orange & Carrot Salad	Watermelon Juice Zingy Parcel Tea	Sweet Lime Juice Veg Grilled Sandwich	Pappu Dal Crispy Bhindi Lemon Rice Plain Rice Rasam Indian Bread-Chapati Yogurt Apple & Cucumber Salad Dessert - Obbattu	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	Malayasian Veg Noodles Malayasian Egg Noodles Hot Garlic Sauce Choley Masala Plain Rice Rasam Indian Bread - Tandoori Roti Spanish Salad Dessert -Apple Pai	Pinapple Juice Kachori with Sauce Tea	Cold Coffee Simple classic Maggi noodles	Chicken Burger Veg Burger French Fries Gatte ki Sabzi Plain Rice Rasam Indian Bread- Chapati 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 Roll Veg Roll Veg Jaipuri Sambar Plain Rice Indian Bread - Chapathi Yogurt Cole Slaw Salad	Mousambi Juice Baked Veg Roll Tea	Lemon Juice Momos with chutney	Thai Chicken Dish (Outsourced) Mix Yellow Dal Tadka Egg Bhurji Paneer Bhurji Tomato Rice Plain Rice Rasam Indian Bread - Tandoori Roti French Salad Dessert -Badam Puri	Milk
SATURDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal & Sweet Pongal with chutney Boiled Egg Seasonal Fresh Fruit	Pineapple Juice Chutney Sandwich	Vegetable Pasta in White Sauce Egg Masala Curry Shahi Paneer Mixed Vegetable Dry Plain Rice Rasam Indian Bread - Wheat Parantha Yogurt Vegetable Salad Dessert - Rasgulla		Banana Milkshake Veg Burger	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 Bread Rolls Rava Idli with Saagu and chutney Fresh Cut Fruits	Strawberry Milkshake Plain Cake	Veg Chowmein Egg Chowmein Honey Chilli Potato Rajma Gravy Plain Rice Rasam Indian Bread - Tandoori Roti Yogurt Broccoli & Corn Salad Ice Cream with chocolate/Strawberry Sauce	-	Fresh Lime Juice Sev poori	Fish Curry Paneer Makhani Aloo Matar Dry Indian Bread- Malabar Parantha Plain Rice / Rasam Yogurt Continental Salad	Milk