

WEEK-4 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 (Boarders)
MONDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Masala Omelette French Toast Khara Pongal with Coconut Chutney Sweet Pongal Seasonal Fresh Fruit	Mousambi Juice Tea/Coffee Banana	Pasta with Sauted Garden Veggies Savory White Chickpeas Crispy Aloo Bhindi Plain Rice & Sambar Jeera Rice Indian Bread - Chapati Yogurt Green Salad	Pinapple Juice Tea/Coffee Veg Grilled Sandwich	Chocolate Milkshake Aloo Tikki Chaat	Thai Chicken Dish (Outsourced) Chicken Punjabi Tadka Aloo Beans dry Plain Rice Rasam Indian Bread- Garlic Naan Yogurt Green Salad Dessert - Chocolate Pastry	Milk
TUESDAY	Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Ragi Masala Dosa / Plain Masala Dosa with Sambar & Chutney Seasonal Fresh Fruit	Chocolate Milkshake Tea/Coffee Cookies	Sizzling American Chop Suey Creamy Dal Makhani Veg Jalfrezi Coconut Rice Plain Rice & Rasam Indian Bread - Wheat Kerala Parantha Yogurt Green Salad Dessert - Rasgulla	Grape Juice Tea/Coffee Banana Cake	Hot Milk with Bournvita Club Sandwich	Egg Biryani Supreme Veg Biryani Supreme Raita Refresh Lobia Gravy Plain Rice & Rasam Indian Bread - Chapati Yogurt Green Salad Dessert - Plain Cake	Milk
WEDNESDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled Egg Masala Omelette Pav Bhaji Mangalore Bun Seasonal Fresh Fruits	Fresh lime Juice Tea/Coffee Naankathai	Kadal Chicken Supreme Kadal Paneer Supreme Aloo Methi Ghee Rice Plain Rice & Sambar Indian Bread -Tandoori Roti Yogurt Green Salad	Watermelon Juice Tea/Coffee Crispy Veg Puff	Mosambi Juice Cream Bun	Crispy Veg Hakka Noodles Crispy Egg Hakka Noodles Baby Corn in Manchurian Sauce Chana Dal Tadka Plain Rice Rasam Indian Bread-Chapati Yogurt Green Salad Dessert - Brownie	Milk
THURSDAY	Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Pan Cake Idli, Vada with Sambar & Chutney Seasonal Fresh Fruit	Watermelon Juice Tea/Coffee Banana	Singapore Veggie Stir-Fried Rice Singapore Egg Veggie Stir-Fried Rice Veg Balls in Manchurian Sauce Paneer Angara Gravy Plain Rice & Rasam Indian Bread - Wheat Parantha Yogurt Green Salad Dessert -Badam Puri	Fresh Lime Juice Vada Pav	Cold Badam Milkshake Maggie Mania	Butter Chicken Butter Paneer Veg Jaipuri Plain Rice Rasam Indian Bread- Tandoori Roti Yogurt Green Salad Dessert - Apple Pie	Milk
FRIDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal French Toast Scrambled Egg Aloo Parantha with Mint Chutney and Curd Seasonal Fresh Fruit	Orange Juice Tea/Coffee Biscuits	Chicken Kathi Roll Veggie Kathi Roll Traditional Pappu Dal Rice & Rasam Plain Rice Indian Bread - Chapati Yogurt Green Salad	Mousambi Juice Tea/Coffee Peanut Sandwich	Cold Coffee Steamed Dumplings	Thai Chicken Dish (Outsourced) Rajma Jeera Aloo Tomato Rice Plain Rice Rasam Yogurt Green Salad Dessert - Gulab Jamun	Milk
SATURDAY	Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Semiya Upma & Dal Vada Boiled Egg & Scrambled Egg Seasonal Fresh Fruit	Pineapple Juice Chutney Sandwich	Vegetable Macaroni with White Sauce Egg Curry Black Chana Gravy Aloo beans dry Plain Rice & Rasam Indian Bread - Wheat Parantha Yogurt Coleslaw Salad Dessert - Jalebi		Orange Juice Kachori Chaat	Dal Makhani Egg Bhurji Paneer Bhurji Plain Rice Rasam Indian Bread-Tandoori Roti Yogurt Green Salad Dessert - Banana Cake	Milk
SUNDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Egg - Live Counter Puri Aloo with Chutney Fresh Cut Fruits	Strawberry Milkshake Tea/Coffee Plain Cake	Veg Chowmein Supreme Egg Chowmein Supreme Crispy Mix Veg Honey Chilli Black Chana Gravy Plain Rice Rasam Indian Bread - Tandoori Roti Yogurt Green Salad Salad/Papad/Pickle Flavorful Ice Cream Splash	-	Sweet Jaljeera Veg Cutlet	Tangy South-Style Fish Curry Paneer Butter Masala Aloo Matar Dry Indian Bread- Kulcha Plain Rice / Rasam Yogurt Green Salad Dessert - Fruit Custard	Milk