

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 (Boarders)
MONDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Aadai Dosa With Tomato & Coconut Chutney Maddur Vada Seasonal Fresh Fruit	Mosambi Juice Tea/Coffee Chutney Sandwich	Red Sauce Veggie Pasta Rajma Dry Spiced Pumpkin Jeera Rice Plain Rice & Sambar Indian Bread - Tandoori Roti Yogurt Green Salad	Papaya Juice Tea/Coffee Samosa	Hot Bournvita Milk Steamed Dumplings	Thai Dish (Outsourced) Malabar Chicken Curry Dum Aloo Gravy Tasty Lobia Sauté Plain Rice & Rasam Indian Bread -Roomali Roti Yogurt Green Salad Dessert - Pineapple Pastry	Milk
TUESDAY	Cornflakes/ Muesli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg French Toast Chole Puri Plain Parantha Sabudana Khichdi Seasonal Fresh Fruit	Stawberry Milk Shake Tea/Coffee Rusk	Egg Curry Aloo Matar Home Style Ridge Gourd Delight Coconut Rice Plain Rice & Rasam Indian Bread - Chapati Yogurt Green Salad Dessert - Ghevar	Fresh Lime Juice Tea/Coffee Grilled Corn Sandwich	Banana Milkshake Crispy Veg Puff	veggie stir-fried Rice Chicken Balls in Manchurian Sauce Vegetable Balls in Manchurian Sauce Masoor Dal Tadka Plain Rice & Rasam Indian Bread- Chapati Yogurt Green Salad Dessert - Belgium Dark Chocolate Moose	Milk
WEDNESDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Masala Omelette Plain Omelette Onion and Plain Uttapam with Korma & Coconut Chutney Seasonal Fresh Fruit	Orange Juice Tea/Coffee Banana Cake	Hyderabadi Chicken Dum Biryani Hyderabadi Veg Dum Biryani Mixed Yogurt Raita Veg Jaipuri Plain Rice & Sambar Indian Bread - Chapati Yogurt Green Salad	Mixed Fruit Juice Tea/Coffee Veg Zingy Parcel	Lemon Juice Dabeli	Thai Dish (Outsourced) Hot & Savory Veg Soup Urud Dal Tadka Paneer Bhurji Egg Bhurji Ghee Rice Plain Rice & Rasam Indian Bread - Lacha Parantha Yogurt Green Salad Dessert -Biscoff cheese cake	Milk
THURSDAY	Cornflakes/ Muesli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg French Toast Idli, Vada with Sambar & Coconut Chutney Seasonal Fresh Fruit	Watermelon Juice Tea/Coffee Cookies	Singapore Veg Noodles Singapore Egg Noodles Zesty Chop Suey Sauce Palak Paneer Tangy Puliogare Rice Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Green Salad Dessert - Milk Cake	Muskmelon Juice Tea/Coffee Bombay Sandwich	Papaya Juice Maggie Mania	Creamy Chicken Pasta Creamy Veggie Pasta Black Chana Gravy Rainbow Veggie Mix Plain Rice & Rasam Indian Bread - Chapati Yogurt Green Salad Dessert - Apple Pie	Milk
FRIDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Pan Cake Scrambled Egg Aloo Parantha with Mint Chutney and Curd Seasonal Fresh Fruit	Pineapple Juice Tea/Coffee Banana	Chicken Delight Pizza Veg Delight Pizza Rajasthani Gatte Sabzi Plain Rice & Sambar Indian Bread - Chapati Yogurt Green Salad	Lemon Juice Tea/Coffee Batata Vada Pav	Strawberry Milk Shake Corn Cheese Bun	Thai Dish (Outsourced) Egg Biryani Supreme Veg Biryani Supreme Raita Refresh Flavorful Veg Malwani Plain Rice & Sambar Indian Bread - Chapati Yogurt Green Salad Dessert - Plain Cake	Milk
SATURDAY	Cornflakes/ Muesli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Masala Omelette Boiled Eggs Masala Idli with Sambar & Tomato Chutney Mangalore Bun Seasonal Fresh Fruit	Mix Fruit Juice Tea/Coffee Peanut Butter Sandwich	Veg Fried Rice Delight Egg Fried Rice Delight Gobi Manchurian in Hot Sauce Creamy Dal Makhani Plain Rice & Sambar Indian Bread - Tandoori Roti Yogurt Thai Papaya Salad Green Salad Dessert - Coconut Burfi	-	Bournvita Milk Bhalla Papdi Chaat	Thai Chicken Red Curry Thai Veg Red Curry Dal Nawabi Mix Veg Dry Plain Rice & Rasam Indian Bread - Khameeri Roti Yogurt Green Salad Dessert - Blueberry Muffins	Milk
SUNDAY	Cornflakes/Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Eggs - Live Counter Mix Veg Paratha with Mint Chutney & Curd Seasonal Fresh Fruit	Chocolate Milkshake Cake	Thai Vegetable Stir-Fry Noodles Thai Egg Stir-Fry Noodles Creamy Thai Green Gravy Savory White Chickpeas Plain Rice & Sambar Indian Bread- Chapati Yogurt Green Salad Salad/Papad/Pickle Flavorful Ice Cream Splash	-	Lemon & Mint Mojito Juice Ragda Patties	Creamy Butter Chicken Kadai Paneer Beetroot Bliss Plain Rice & Rasam Indian Bread - Naan Yogurt Green Salad Dessert - Jalebi	Milk