

**WEEK-2 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 Boiled Egg Egg Bhurji and Parantha Combo Paneer Bhurji and Parantha Combo Sabudana Khichdi Seasonal Fresh Fruit	Mousambi Juice Tea/Coffee Banana	Pasta with Sautéed Garden Veggies Savory White Chickpeas Jalfrezi Delight Plain Rice & Rasam Indian Bread - Chapati Yogurt Green Salad	Pinapple Juice Tea/Coffee Veg Grilled Sandwich	Chocolate Milkshake Aloo Tikki Chaat	Thai Dish (Outsourced) Signature Chicken Ghee Roast Cottage Cheese & Peas Delight Jeera Aloo Plain Rice & Rasam Indian Bread-Naan Yogurt Green Salad Dessert - Chocolate Pastry	Milk
TUESDAY	Cornflakes/ Musseli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Masala Dosa with Coconut Chutney and Sambar Seasonal Fresh Fruit	Chocolate Milkshake Tea/Coffee Cookies	Sizzling American Chop Suey Navratan Dal Tadka Flavored Aloo Soya Peas Pullav Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Green Salad Dessert - Mysore Pak	Grape Juice Tea/Coffee Banana Cake	Hot Milk with Bournvita Club Sandwich	Classic Chicken Corn Soup Classic Veg Corn Soup Rajma Aloo Beans Plain Rice & Sambhar Indian Bread - Naan Yogurt Green Salad Dessert - Plain Cake	Milk
WEDNESDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled eggs Masala Omelette Poha & Paddu Delight with Chutney Seasonal Fresh Fruit	Fresh lime Juice Tea/Coffee Naankathai	Classic Chicken Tikka Masala Classic Paneer Tikka Masala Gobi Matar Tadka Plain Rice & Sambar Indian Bread - Wheat Kerala Parantha Yogurt Green Salad	Watermelon Juice Tea/Coffee Crispy Veg Puff	Mosambi Juice Cream Bun	Thai Dish (Outsourced) Veggie Stir-Fried Rice Egg Stir-Fried Rice Golden Soya Aloo Gravy 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 French Toast Idli, Vada with Sambar & Coconut Chutney Seasonal Fresh Fruit	Watermelon Juice Tea/Coffee Banana	Sizzling Veg Hakka Noodles Sizzling Egg Hakka Noodles Sautéed Veggies in Garlic Sauce Cottage Cheese & Peas Delight Coconut Rice Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Green Salad Dessert - Fruit Truffle	Fresh Lime Juice Vada Pav	Cold Badam Milkshake Maggie Mania	Egg Biryani with Raita Veg Biryani with Raita Dalcha 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) Oatmeal Scrambled Egg Boiled Egg Aloo Parantha with Mint Chutney and Curd Seasonal Fresh Fruit	Orange Juice Tea/Coffee Biscuits	Mayo-Licious Chicken Burger Mayo-Licious Veg Burger French Fries Punjabi Curry Pakoda Plain Rice & Sambar Indian Bread - Chapati Yogurt Green Salad	Mousambi Juice Tea/Coffee Peanut Sandwich	Cold Coffee Steamed Dumplings	Thai Dish (Outsourced) Chinese Egg Drop Soup Dal Nawabi tadka Aloo Palak Plain Rice & Sambar Indian Bread- Methi Chapathi Yogurt Green Salad Dessert - Gulab Jamun	Milk
SATURDAY	Cornflakes/ Musseli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Masala Omelette Ragi Masala Dosa with Sambar and Chutney Seasonal Fresh Fruit	Pineapple Juice Chutney Sandwich	Creamy Veggie Macaroni Egg Curry Malai Kofta Ridge Gourd Delight Ghee Rice Plain Rice & Rasam Indian Bread- Parantha Yogurt Crunchy Salad Green Salad Dessert - Jalebi		Orange Juice Kachori Chaat	Malabar Chicken Curry Rajma Veggie Fusion Dry Rasam/Plain Rice Indian Bread-Tandoori Yogurt Green Salad Dessert - Banana Cake	Milk
SUNDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Egg - Live counter Punjabi Choley Bhatura Seasonal Fresh Fruit	Strawberry Milkshake Tea/Coffee Plain Cake	Thai Egg Fried Rice Thai Veg Fried Rice Veg Ball Manchurian in Hot Sauce Traditional Pappu Dal Plain Rice & Rasam Indian Bread - Chapati Yogurt Green Salad Salad/Papad/Pickle Flavorful Ice Cream Splash	-	Sweet Jaljeera Veg Cutlet	Traditional Bengali Fish Curry Paneer Tikka Masala Honey Chilli Potato Plain Rice & Rasam Indian Bread - Naan Yogurt Green Salad Dessert - Blueberry Pudding	Milk