

## WEEK-3 MEAL PLANNER

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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)
<b>MONDAY</b>	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled Egg Masala Omelette Bisi Bele Bath & Akki Roti with Coconut Chutney & Tomato Chutney Seasonal Fresh Fruit	Mosambi Juice Tea/Coffee Chutney Sandwich	Red Sauce Veggie Pasta Rajma Aloo Capsicum Supreme Jeera Rice Plain Rice & Sambar Indian Bread - Chapati Yogurt Green Salad	Papaya Juice Tea/Coffee Samosa	Hot Bournvita Milk Steamed Dumplings	Thai Dish (Outsourced) Mughlai Chicken Changezi Black Chana Gravy Grilled Veggie Tadka Plain Rice & Rasam Indian Bread - Naan Yogurt Green Salad Dessert - Strawberry Pastry	Milk
<b>TUESDAY</b>	Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Masala Dosa with Sambar and Coconut Chutney Seasonal Fresh Fruit	Strawberry Milk Shake Tea/Coffee Rusk	Schezwan Veggie Noodles Schezwan Egg Noodles Veg Balls in Schezwan Sauce Creamy Dal Makhani Plain Rice & Sambar Tandoori Roti Yogurt Green Salad Dessert - Besan Barfi	Fresh Lime Juice Tea/Coffee Grilled Corn Sandwich	Banana Milkshake Crispy Veg Puff	Hot & Savory Chicken Soup Hot & Savory Veg Soup Schwezan Str-Fried Rice Aloo Matar Gravy Beetroot Bliss Plain Rice & Rasam Indian Bread-Chapati Yogurt Green Salad Dessert - Brownie	Milk
<b>WEDNESDAY</b>	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled egg Masala Omelette Punjabi Choley Bhatura Seasonal Fresh Fruit	Orange Juice Tea/Coffee Banana Cake	Southern Spice Chicken Biryani Southern Spice Veg Biryani Boondi Raita Pappu Dal Plain Rice & Rasam Indian Bread - Chapati Yogurt Green Salad	Mixed Fruit Juice Tea/Coffee Veg Zingy Parcel	Lemon Juice Dabeli	Thai Dish (Outsourced) Green Dal Tadka Egg Bhurji Paneer Bhurji Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Green Salad Dessert - Bluberry Muffins	Milk
<b>THURSDAY</b>	Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg French Toast Idli, Vada with Sambar & Chutney Seasonal Fresh Fruit	Watermelon Juice Tea/Coffee Cookies	Veggie Stir-Fried Rice Egg Stir-Fried Rice Paneer Manchurian Gravy Mughal Shahi Cottage Cheese Plain Rice & Sambar Indian Bread-Lacha Parantha Yogurt Green Salad Dessert-Jalebi	Muskmelon Juice Tea/Coffee Bombay Sandwich	Papaya Juice Maggie Mania	Mughal Chicken Curry Mughal Paneer Curry Jeera Aloo Plain Rice & Rasam Indian Bread -Naan Yogurt Green Salad Dessert - Choco Cake	Milk
<b>FRIDAY</b>	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled Egg French Toast Aloo Parantha with Mint Chutney and Curd Seasonal Fresh Fruit	Pineapple Juice Tea/Coffee Banana	Veg Focaccia Extravaganza Chicken Focaccia Extravaganza 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 Chicken Dish (Outsourced) Egg Biryani Supreme Veg Biryani Supreme Raita Refresh Dalcha Tadka Sambar & Rice Indian Bread -Paratha Yogurt Green Salad Dessert - Strawberry Pudding	Milk
<b>SATURDAY</b>	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Omelette Veg Rava Upma with Chutney Kesari Bhat Seasonal Fresh Fruit	Mix Fruit Juice Tea/Coffee Peanut Butter Sandwich	Triple Veggie Fried Rice Triple Egg Fried Rice Schwezan Sauce Akka Masoor Tadka Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Chana Chaat Salad Green Salad Dessert - Coconut Burfi	.	Bournvita Milk Bhalla Pappi Chaat	Royal Murg Mussallam Royal Paneer Mussallam Sautéd Cabbage & Peas Plain Rice Rasam Indian Bread-Roomali Roti Yogurt Green Salad Dessert - Fruit Custard	Milk
<b>SUNDAY</b>	Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Masala Dosa with Sambar & Chutney Egg - Live Counter Seasonal Fresh Fruit	Chocolate Milkshake Cake	Thai Egg Stir-Fried Rice Thai Veg Stir-Fried Rice Gobi Manchurian Gravy Creamy Malai Kofta Plain Rice & Rasam Indian Bread-Parantha Yogurt Green Salad Salad/Papad/Pickle Flavorful Ice Cream Splash	.	Lemon & Mint Mojito Juice Ragda Patties	Chicken Dum Biryani Veg Dum Biryani Mixed Yogurt Raita Traditional Pappu Dal Plain Rice Rasam Indian Bread - Chapati Yogurt Green Salad Dessert - Choco Muffins	Milk