

WEEK-1 MEAL PLANNER

DAY	BREAKFAST 7:40 - 8:30am	MID-MORNING SNACK 10:45 - 11:00am	LUNCH 12:20 pm - 1:35 pm (Staff & Kids)	SNACK 3:15 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) Boiled Egg Masala Omelette / Plain Omelette Poha with Coconut Chutney Club Sandwich Maddur Vada Seasonal Fresh Fruit	Mosambi Juice Tea/Coffee Rusk	Arabieta Pasta Garlic Bread Mashed Potatoes Rajma Dry Spiced Pumpkin Jeera Rice Plain Rice Sambar Indian Bread - Tandoori Roti Yogurt Green Salad Italian salad Dessert - Coconut Barfi	Papaya Juice Tea/Coffee Samosa	Hot Bournvita Milk Steamed Dumplings	Thai Dish (Outsourced) Chicken Kali Mirch Paneer Kali Mirch Veg Kadai 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) Scrambled Egg French Toast Masala Dosa with Coconut Chutney and Sambar Baked Beans on Toast Seasonal Fresh Fruit	Stawberry Milk Shake Tea/Coffee Cookies	Egg Curry Aloo Matar Home Style Ridge Gourd Delight Aloo Chaat Coconut Rice Plain Rice Rasam Indian Bread - Kerala Parantha 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 Grilled Veg 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) Masala Omelette Plain Omelette Chole Puri & Parantha Chilli Cheese Toast Seasonal Fresh Fruit	Orange Juice Tea/Coffee Banana Cake	Hyderabadi Chicken Dum Biryani Hyderabadi Veg Dum Biryani Mixed Yogurt Raita Papad Punjabi Kadi with Pakoda Plain Rice Sambar Indian Bread - Chapati Yogurt Green Salad Dessert - Mysore Pak	Mixed Fruit Juice Tea/Coffee Veg Zingy Parcel	Lemon Juice Dabeli	Thai Dish (Outsourced) Hot & Savory Veg Soup Yellow Dal Tadka Paneer Bhurji Egg Bhurji Ghee Rice Plain Rice & Rasam Indian Bread - Lacha Parantha Yogurt Green Salad Dessert - Gulab Jamun	Milk
THURSDAY	Cornflakes/ Muesli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Scrambled Egg Boiled Egg Idli, Vada with Sambar & Coconut Chutney Danish Seasonal Fresh Fruit	Watermelon Juice Tea/Coffee Peanut Butter Sandwich	Singapore veg noodles Singapore Egg Noodles Zesty Chop Suey Sauce Matar Paneer Chef Special Flavoured Lassi Tangy Pullyogare Rice Plain Rice Rasam Indian Bread - Tandoori Roti Yogurt Green Salad Thai Papaya Salad	Muskmelon Juice Tea/Coffee Bombay Sandwich	Papaya Juice Maggie Mania	Kadai Chicken Kadai Paneer Aloo Soya Dry Plain Rice & Rasam Indian Bread - Chapati Yogurt Green Salad Dessert - Brownie	Milk
FRIDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Pan Cake Boiled Egg Aloo Parantha with Mint Chutney and Curd Assorted Sandwiches 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 Dessert - Apple Pie	Lemon Juice Tea/Coffee Batata Vada Pav	Strawberry Milk Shake Corn Cheese Bun	Thai Dish (Outsourced) Egg Biryani Supreme Veg Biryani Supreme Raita Refresh Papad 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 Pav Bhaji Bread Pakora Mangalore Bun Seasonal Fresh Fruit	Mix Fruit Juice Tea/Coffee Green Chutney Sandwich	Veg Fried Rice Delight Egg Fried Rice Delight Gobi Manchurian in Hot Sauce Creamy Dal Makhani Curd Rice Plain Rice Rasam Indian Bread - Tandoori Roti Yogurt Pesto salad Green Salad Dessert - Dudh Pakodi	-	Bournvita Milk Bhalla Papdi Chaat	Mughlai Chicken Mughlai Paneer Beetroot Bliss 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) Eggs - Live Counter Choley Bhatura Chicken & Veg Sausage Seasonal Fresh Fruit	Chocolate Milkshake Cake	Thai Vegetable Stir-Fry Noodles Thai Egg Stir-Fry Noodles Garlic Sauce Savory White Chickpeas Khichdi Plain Rice Sambar Indian Bread- Naan Yogurt Green Salad Salad/Papad/Pickle Flavorful Ice Cream Splash	-	Lemon & Mint Mojito Juice Ragda Patties	Creamy Butter Chicken Creamy Butter Paneer Aloo beans Plain Rice & Rasam Indian Bread - Naan Yogurt Green Salad Dessert - Jalebi	Milk