

WEEK-2 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) Oatmeal Boiled Egg Scrambled Egg Adai Dosa with Coconut Chutney Kesaribhat Chilly Cheese Toast Seasonal Fresh Fruit	Mousambi Juice Tea/Coffee Rusk	Creamy Pasta with Sautéed Garden Veggies Garlic bread Savory White Chickpeas Parwal Do Pyaza Ghee Rice Plain Rice & Sambar Indian Bread - Chapati Green Salad Alfredo salad Dessert - Brownie	Pinapple Juice Tea/Coffee Veg Grilled Sandwich	Chocolate Milkshake Bread Pakoda with chutney	Thai Dish (Outsourced) Signature Chicken Ghee Roast Achari Paneer Jeera Aloo Plain Rice & Rasam Indian Bread-Naan Yogurt Green Salad Dessert - Fruit Truffle	Milk
TUESDAY	Cornflakes/ Musseli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Pan Cake Boiled Egg Onion and Plain Uttapam with Korma & Coconut Chutney Assorted Sandwiches Seasonal Fresh Fruit	Chocolate Milkshake Tea/Coffee Cookies	Sizzling American Chop Suey Navratan Dal Tadka Flavored Aloo Soya Peas Pullav Veg Paneer Roll (without Onions) Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Green Salad Dessert - Rasagulla	Grape Juice Tea/Coffee Donut	Hot Milk with Bournvita Vada Pav	Chicken Biryani Veg Biryani Saute' Lobia Curry 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) Boiled eggs Masala Omelette Plain Omelette Aloo Puri Parantha Bombay Sandwich Seasonal Fresh Fruit	Fresh lime Juice Tea/Coffee Red Velvet Cake	Classic Chicken Tikka Masala Classic Paneer Tikka Masala Gobi Matar Tadka fryums (Badminton Shape) Plain Rice & Sambar Indian Bread - Wheat Kerala Parantha Yogurt Green Salad Dessert - Apple Kheer	Watermelon Juice Tea/Coffee Crispy Veg Puff	Mosambi Juice Mini Burger	Thai Dish (Outsourced) Veggie Stir-Fried Rice Egg Stir-Fried Rice Baby Corn in Manchurian Sauce Dum Aloo Veg Kadai Plain Rice & Rasam Indian Bread-Chapati Yogurt Green Salad Dessert - Badampuri	Milk
THURSDAY	Cornflakes/ Musseli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Scrambled Egg French Toast Idli, Vada with Sambar & Coconut Chutney Crossaint Seasonal Fresh Fruit	Watermelon Juice Tea/Coffee Banana	Sizzling Veg Hakka Noodles Sizzling Egg Hakka Noodles Sautéed Veggies in Garlic Sauce Palak Paneer Chef Special Flavoured Lassi Tomato Rice Plain Rice & Sambar Indian Bread - Tandoori Roti Yogurt Green Salad Waldrاف Salad	Fresh Lime Juice Spring Roll	Cold Badam Milkshake Maggie Mania	Creamy Chicken Pasta Creamy Veggie Pasta Black Chana Gravy Corn Fritters Plain Rice & Rasam Indian Bread- Chapati Yogurt Green Salad Dessert - Muffins	Milk
FRIDAY	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Waffle Boiled Egg Paneer Parantha with Mint Chutney and Curd Veg Cutlet Seasonal Fresh Fruit	Orange Juice Tea/Coffee Biscuits	Mayo-Licious Chicken Burger Mayo-Licious Veg Burger French Fries Rajma Plain Rice & Sambar Indian Bread - Chapati Yogurt Green Salad Dessert - Milk Cake	Mousambi Juice Tea/Coffee Flavoured Sandwich	Cold Coffee Fried Dumplings	Thai Dish (Outsourced) Dal Nawabi Tadka Egg Bhurji Paneer Bhurji Plain Rice & Sambar Indian Bread- Methi Chapati Yogurt Green Salad Dessert - Dharwadi Peda	Milk
SATURDAY	Cornflakes/ Musseli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Masala Omelette Pav Bhaji Mangalore Bun Veg Sandwich Seasonal Fresh Fruit	Pineapple Juice Peanut Butter Sandwich	Creamy Veggie Macaroni Egg Curry Malai Kofta Ridge Gourd Delight Khichdi Plain Rice & Rasam Indian Bread- Parantha Yogurt Green Salad Sal peppery salad Dessert - Rabadi		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) Egg - Live counter Masala Dosa with Chutney and Sambar Bread Pakoda Seasonal Fresh Fruit	Strawberry Milkshake Tea/Coffee Plain Cake	Veg Hakka Noodles Egg Hakka Noodles Honey Chilli Potato Traditional Pappu Dal Masala Papad Plain Rice & Rasam Indian Bread - Chapati Yogurt Green Salad Salad/Papad/Pickle Flavorful Ice Cream Splash	-	Sweet Jaljeera Onion Ring with Chutney	Chicken Tikka Masala Paneer Tikka Masala Gobi 65 Plain Rice & Rasam Indian Bread - Naan Yogurt Green Salad Dessert - Blueberry Pudding	Milk