

WEEK-3 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) |
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| MONDAY | Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Masala Omelette Plain Omelette Bisi Bebe Bath & Akki Roti with Coconut Chutney & Tomato Chutney Club Sandwich Seasonal Fresh Fruit | Mosambi Juice Tea/Coffee Cookies | Arabieta Pasta Garlic Bread Mashed Potato Rajma Chow Chow dry Jeera Rice Plain Rice & Sambar Indian Bread - Tandoori Roti Yogurt Green Salad Thai Papaya Salad Dessert - Jalebi | Papaya Juice Tea/Coffee Samosa | Hot Bournvita Milk Steamed Dumplings | Thai Dish (Outsourced) Mughalai Chicken Changezi Muglai Paneer Changezi Grilled Veggie Plain Rice & Rasam Indian Bread - Naan Green Salad Dessert - Strawberry Pastry | Milk |
| TUESDAY | Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Scrambled Egg Boiled Egg Masala Dosa with Sambar and Coconut Chutney Baked Beans on Toast Seasonal Fresh Fruit | Stawberry Milk Shake Tea/Coffee Rusk | Schezwan Veggie Noodles Schezwan Egg Noodles Veg Balls in Schezwan Sauce Creamy Dal Makhani Bhalla Pappi Chaat Mint Rice Plain Rice & Rasam Tandoori Roti Yogurt Green Salad Dessert - Ghevar | Fresh Lime Juice Tea/Coffee Grilled Corn Sandwich | Banana Milkshake Crispy Veg Puff | Veggie Str-Fried Rice Chicken Balls in Manchurian Sauce Vegetable Balls in Manchurian Sauce Masoor Dal Tadka Beetroot Bliss Plain Rice & Rasam Indian Bread-Chapati Green Salad Dessert - Brownie | Milk |
| WEDNESDAY | Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Boiled egg Masala Omelette Plain Omelette Punjabi Choley Bhatura Plain Parantha Corn Sandwich Seasonal Fresh Fruit | Orange Juice Tea/Coffee Banana Cake | Southern Spice Chicken Biryani Southern Spice Veg Biryani Boondi Raita Papad Pappu Dal Plain Rice & Rasam Indian Bread -Chapati Yogurt Green Salad Dessert - Rasmalai | Mixed Fruit Juice Tea/Coffee Veg Zingy Parcel | Lemon Juice Mini Pizza | Thai Dish (Outsourced) Creamy Tomato Soup Green Dal Tadka Egg Bhurji Paneer Bhurji Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Green Salad Dessert - Bluberry Muffins | Milk |
| THURSDAY | Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Scrambled Egg Pan Cake Idli, Vada with Sambar & Chutney Danish Seasonal Fresh Fruit | Watermelon Juice Tea/Coffee Cookies | Sizzling American Chop Suey Mughal Shahi Cottage Cheese Chef Special Curd Rice Flavoured Lassi Plain Rice & Sambar Indian Bread-Lacha Parantha Yogurt Green Salad Chana Chaat Salad | Muskmelon Juice Tea/Coffee Bombay Sandwich | Papaya Juice Maggie Mania | Chicken Handi Paneer Handi Jeera Aloo Plain Rice & Rasam Indian Bread -Kerala Parantha Yogurt Green Salad Dessert - Choco Cake | Milk |
| FRIDAY | Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Boiled Egg French Toast Aloo Parantha with Mint Chutney and Curd Assorted Sandwiches Seasonal Fresh Fruit | Pineapple Juice Tea/Coffee Banana | Veg Focaccia Extravaganza Chicken Focaccia Extravaganza Rajasthani Gatte Sabzi Lemon Rice 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 Chicken Dish (Outsourced) Egg Biryani Supreme Veg Biryani Supreme Raita Refresh Dalcha Tadka Papad Rice & Rasam Indian Bread -Paratha Yogurt Green Salad Dessert - Strawberry Pudding | Milk |
| SATURDAY | Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Omelette Veg Rava Upma with Chutney Kesari Bhat Cruncy Sandwich Seasonal Fresh Fruit | Mix Fruit Juice: Tea/Coffee Peanut Butter Sandwich | Veg Fried Rice Delight Egg Fried Rice Delight Paneer Manchurian in Hot Sauce Yellow Dal Tadka Cabbage & Peas Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Green Salad Russian Salad Dessert - Coconut Burfi | - | Bournvita Milk Bhalla Pappi Chaat | Royal Murg Mussallam Royal Paneer Mussallam Aloo beans Plain Rice Rasam Indian Bread-Roomali Roti Yogurt Green Salad Dessert - Boondi Laddoo | Milk |
| SUNDAY | Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Aloo Puri Egg - Live Counter Chicked & Veg Sausage Seasonal Fresh Fruit | Chocolate Milkshake Cake | Thai Vegetable Str-Fry Noodles Thai Egg Str-Fry Noodles Baby Corn Munchurian Gobi Aloo Matar Gravy Khichdi 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 Papad Traditional Pappu Dal Plain Rice Rasam Indian Bread - Chapati Yogurt Green Salad Dessert - Choco Muffins | Milk |