

## WEEK-4 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)
<b>MONDAY</b>	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Masala Omelette Plain Omelette Khara Pongal with Coconut Chutney Sweet Pongal Club Sandwich Seasonal Fresh Fruit	Mousambi Juice Tea/Coffee Banana Cake	Pasta with Sautéed Garden Veggies (No Sauce) Garlic bread Savory White Chickpeas Achari Aloo Bhindi Plain Rice & Sambar Kashmiri Pallav Indian Bread - Chapati Yogurt Russian salad Green Salad Dessert - Apple Pie	Pinapple Juice Tea/Coffee Veg Grilled Sandwich	Chocolate Milkshake Bread Roll	Thai Chicken Dish (Outsourced) Chicken Punjabi Tadka Paneer Tadka Aloo Beans dry Plain Rice Rasam Indian Bread- Garlic Naan Yogurt Green Salad Dessert - Chocolate Pastry	Milk
<b>TUESDAY</b>	Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Scrambled Egg Boiled Egg Ragi Masala Dosa / Plain Masala Dosa with Sambar & Chutney Assorted Sandwiches Seasonal Fresh Fruit	Chocolate Milkshake Tea/Coffee Cookies	Sizzling American Chop Suey Creamy Dal Makhani Aloo Capsicum Dahi Padi Chaat Coconut Rice Plain Rice & Rasam Indian Bread - Wheat Kerala Parantha Yogurt Green Salad Dessert - Kajukati	Grape Juice Tea/Coffee Banana Cake	Hot Milk with Bournvita Club Sandwich	Chicken Biryani Veg Biryani Raita Refresh Saute' Lobia Curry Plain Rice Rasam Indian Bread - Chapati Yogurt Green Salad Dessert - Plain Cake	Milk
<b>WEDNESDAY</b>	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Masala Omelette Plain Omelette Pav Bhaji Plain Parantha Mangalore Bun Chilli Cheese Toast Seasonal Fresh Fruits	Fresh lime Juice Tea/Coffee Naankathai	Butter Chicken Butter paneer Aloo Methi fryums Ghee Rice Plain Rice & Sambar Indian Bread - Kerala Parantha Yogurt Green Salad Dessert - Malai Burfi	Watermelon Juice Tea/Coffee Crispy Veg Puff	Mosambi Juice Cream Bun	Thai Dish (Outsourced) Crispy Veg Hakka Noodles Crispy Egg Hakka Noodles Baby Corn in Manchurian Sauce Chana Dal Tadka Stirred Vegetables Plain Rice Rasam Indian Bread-Chapati Yogurt Green Salad Dessert - Brownie	Milk
<b>THURSDAY</b>	Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Scrambled Egg Pan Cake Idli, Vada with Sambar & Chutney Croissant Seasonal Fresh Fruit	Watermelon Juice Tea/Coffee Banana	Singapore Veggie Stir-Fried Rice Singapore Egg Veggie Stir-Fried Rice Veg Balls in Manchurian Sauce Palak Paneer Chef Special Curd Rice Flavoured Lassi Plain Rice & Rasam Indian Bread - Wheat Parantha Yogurt Alfredo salad Green Salad	Fresh Lime Juice Vada Pav	Cold Badam Milkshake Maggie Mania	Chicken Hyderabadi Paneer Hyderabadi Veg Jaipuri Plain Rice Rasam Indian Bread- Tandoori Roti Yogurt Green Salad Dessert - Apple Kheer	Milk
<b>FRIDAY</b>	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) French Toast Scrambled Egg Paneer Parantha with Mint Chutney and Curd Veg Cutlet Seasonal Fresh Fruit	Orange Juice Tea/Coffee Biscuits	Chicken Roll (No Onions) Veggie Roll (No Onions) Saute' Lobia Gravy Lemon Rice Rice & Sambar Plain Rice Indian Bread - Chapati Yogurt Green Salad Dessert - Coconut Burfi	Mousambi Juice Tea/Coffee Donut	Cold Coffee Peanut Sandwich	Thai Chicken Dish (Outsourced) Rajma Jeera Aloo Plain Rice Rasam Indian Bread - Methi Chapati Yogurt Green Salad Dessert - Gulab Jamun	Milk
<b>SATURDAY</b>	Cornflakes/ Musseli Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Boiled Egg Scrambled Egg Semiya Upma & Dal Vada Veg Sandwich Seasonal Fresh Fruit	Pineapple Juice Chutney Sandwich	Creamy Veggie Macaroni Egg Cury Black Chana Ridge Gourd Delight Ghee Rice Khichdi Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Coleslaw Salad Green Salad Dessert - Balushahi		Orange Juice Kachori Chaat	Chicken Marshal Dal Makhani Veggie Fusion Dry Plain Rice Rasam Indian Bread-Tandoori Roti Yogurt Green Salad Dessert - Banana Cake	Milk
<b>SUNDAY</b>	Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Egg - Live Counter Choley Bhatara Cheese Bread Roll Fresh Cut Fruits	Strawberry Milkshake Tea/Coffee Plain Cake	Veg Chowmein Supreme Egg Chowmein Supreme Crispy Mix Veg Honey Chilli Aloo Tamatar Gravy Plain Rice Rasam Indian Bread - Tandoori Roti Yogurt Green Salad Salad/Papad/Pickle Flavorful Ice Cream Splash	-	Sweet Jaljeera Veg Cutlet	Chicken Ghee Roast Paneer Tikka Gobi Matar Dry Indian Bread- Kulcha Plain Rice Rasam Yogurt Green Salad Dessert - Fruit Custard	Milk