

WEEKLY MENU 8/7/24 to
13/7/2024



Accompainment

Tomato soup
Corn soup
Veg.Raita, Green salad
Pickle
Manchow soup
Vanilla icecream



Carbs/ Delights

Samosa Chaat
Fried Idli
Vermicelli Upma
Gulab Jamun
Chowmein
Steamed rice
Chhanati

Healthy Food

Sprouts
Khichdi
Kadhi
Mix Veg.
Chiwda
Bhel



VEGGIES/ Fruits

Parwal
Okra
Capsicum
Cabbage
String Beans
Cucumber
Banana
Manchurain

Proteins/Legumes

Moong Dal
Arhar Dal
Paneer
Rajma
Matar

Snacks/Beverages

White Dhokla
Papdi
Matar Pack
Biscuit
Lemonade