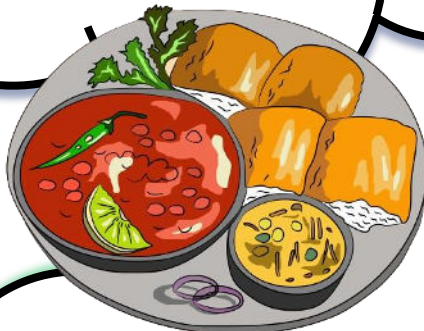


WEEKLY MENU 15/7/24 to  
20/7/2024

**Accompainment**

**Tomato soup**  
**Cucumber Raita,**  
**Green Salad**  
**Pickle**  
**Boondi Raita**  
**Onion Raita**  
**Sauce**  
**Imli Chutney**



**Veggies/ Fruits**

**Parwal**  
**Okra**  
**Capsicum**  
**Cabbage**  
**String Beans**  
**Cucumber**  
**Banana**  
**Carrot**  
**Green Gourd**



**Carbs/ Delights**

**Samosa Chaat**  
**Poori**  
**Chocolate Pastry**  
**Steamed rice**  
**Chhapati**  
**Gatta Gravy**

**Healthy Food**

**Sprouts**  
**Poha**  
**Uttapam**  
**Coconut Chutney**  
**Sambhar**  
**Ragi Idli**



**Proteins/Legumes**

**Moong Dal**  
**Arhar Dal**  
**Paneer**  
**Rajma**  
**Lobia**  
**Matar**

**Snacks/Beverages**

**White Dhokla**  
**Papdi**  
**Lemonade**  
**Chiwda**  
**Bhel**