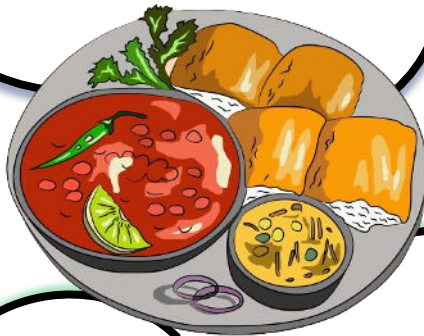


# WEEKLY MENU

29/7/24 to 03/8/2024

## 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  
Dabeli  
Chocolate Ice Cream  
Steamed rice  
Chhapati  
Gatta Gravy  
Jalebi  
Dum Aloo

## Healthy Food

Sprouts  
Poha  
Uttapam  
Coconut Chutney  
Sambhar  
Raagi Idli  
Saboodana khichdi



## Proteins/Legumes

Moong Dal  
Arhar Dal  
Paneer Bhurji  
Rajma  
Lobia  
Matar  
Mix Daal  
Chhole

## Snacks/Beverages

White Dhokla  
Papdi  
Lemonade  
Chiwda  
Bhel