

# WEEKLY MENU

12/8/24 to 17/8/2024

## Accompainment

Cucumber Raita,  
Green Salad  
Pickle  
Boondi Raita  
Onion Raita  
Sauce  
Manchau Soup



## Carbs/ Delights

Samosa Chaat  
Steamed rice  
Chhapati  
Fried Idli  
Jeera-Aloo  
Kofta Gravy  
Corn Gravy  
Chowmein  
Gulab Jamun

## Healthy Food

Poha  
Uttapam  
Coconut Chutney  
Daliya  
Bread-Butter  
Cornflakes with Milk



## Veggies/ Fruits

Okra  
Cabbage  
String Beans  
Cucumber  
Banana  
Carrot  
Green Gourd  
Veg Manchurian

## Proteins/Legumes

Moong Dal  
Arhar Dal  
Paneer Gravy  
Rajma  
Lobia  
Matar  
Chana Chilli

## Snacks/Beverages

White Dhokla  
Papdi  
Lemonade  
Chiwda  
Bhel