

WEEKLY MENU

19/8/24 to 24/8/2024

Accompainment

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



Carbs/ Delights

Samosa Chaat
Steamed rice
Chhapati
Poori
Jeera-Aloo
Kofta Gravy
Corn Gravy
Jalebi
Chocolate Icecream



Healthy Food

Poha
Uttapam
Coconut Chutney
Daliya
Upma
Bread-Butter
Cornflakes with Milk



Veggies/ Fruits

Okra
Cabbage
String Beans
Cucumber
Banana
Carrot
Green Gourd
Mix Veg

Proteins/Legumes

Moong Dal
Arhar Dal
Paneer Gravy
Lobia
Matar
Corn Chilli

Snacks/Beverages

White Dhokla
Papdi
Lemonade
Chiwda
Bhel
Fruit Custard