

WEEKLY MENU
02/9/24 to 07/9/2024

Accompainment

**Cucumber Raita,
Green Salad
Pickle
Boondi Raita
Onion Raita
Masala Raita
Sauce
Tomato Soup
Veg Soup**



Healthy Food

**Poha
Ragi Idli
Coconut Chutney
Daliya
Uttapam
Bread-Butter
Cornflakes with Milk
Khichdi
Sprouts
Moth Sabut**



Carbs/ Delights

**Samosa Chaat
Steamed rice
Chhapati
Papad Gravy
Gatta Gravy
Jeera-Aloo**



Veggies/ Fruits

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

Proteins/Legumes

**Moong Dal
Arhar Dal
Paneer Gravy/Bhurji
Matar
Rajma
Lauki Chana dal
Dal Makhani**

Snacks/Beverages

**White Dhokla
Papdi
Lemonade
Chiwda
Bhel**