

WEEKLY MENU
09/9/24 to 14/9/2024

Accompainment

**Cucumber Raita,
Green Salad
Pickle, Sauce, Jam
Boondi Raita
Onion Raita
Tomato Soup
Veg Corn Soup
Corn Chilli
Manchow Soup**



Carbs/ Delights

**Samosa Chaat
Steamed rice
Chhapati
Poori
Kofta Gravy
Gatta Gravy
Aloo Chilli
Fried Rice
Gulab Jamun
Aloo Sandwich
Chowmein
Manchurian
Chocolate Icecream**

Healthy Food

**Poha
Fried Idli
Coconut Chutney
Daliya
Upma
Bread-Butter
Cornflakes with Milk
Khichdi
Sprouts**



Veggies/ Fruits

**Okra
Cabbage
String Beans
Cucumber
Banana
Carrot
Green Gourd
Parwal
Mix Veg**

Proteins/Legumes

**Moong Dal
Arhar Dal
Paneer Gravy/Bhurji
Dal Fry
Matar
Rajma
Masoor Dal
Chana Gravy
Kadhi**

Snacks/Beverages

**White Dhokla
Papdi
Lemonade
Chiwda
Bhel
Fruit Custard**