

WEEKLY MENU
16/9/24 to 21/9/2024

Accompainment

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



Carbs/ Delights

**Samosa Chaat
Steamed rice
Chhapati
Kofta Gravy
Fried Rice
Chowmein
Manchurian
Chocolate Icecream**

Healthy Food

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



Veggies/ Fruits

**Okra
Cabbage
String Beans
Cucumber
Banana
Carrot
Parwal
Red Barbatti
Jeera Aloo**

Proteins/Legumes

**Arhar Dal
Paneer Gravy/Bhurji
Dal Fry
Matar
Rajma
Mix Dal**

Snacks/Beverages

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

