

# WEEKLY MENU

23/9/24 to 28/9/2024

## Accompainment

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



## Carbs/ Delights

Samosa Chaat  
Steamed rice  
Chhapati  
Kofta Gravy  
Veg Pulao  
Pav Bhaji  
Chocolate Icecream



## Healthy Food

Poha  
Sabudana Khichdi  
Coconut Chutney  
Daliya  
Upma  
Bread-Butter  
Cornflakes with Milk  
Sprouts  
Millet Pasta  
Khichdi

## Veggies/ Fruits

Okra  
Cabbage  
String Beans  
Cucumber  
Banana  
Carrot  
Parwal  
Jeera Aloo

## Proteins/Legumes

Arhar Dal  
Paneer Gravy  
Dal Fry  
Matar  
Gatta Gravy  
Mix Dal  
Kadhi  
Chana Gravy  
Moong Dal

## Snacks/Beverages

White Dhokla  
Papdi  
Lemonade  
Chiwda  
Bhel  
Fruit Punch