

WEEKLY MENU

30/9/24 to 05/10/2024

Accompainment

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



Carbs/ Delights

Samosa Chaat
Steamed rice
Chhapati
Veg Pulao
Poori
Matar Pack
Chocolate Icecream



Healthy Food

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

Veggies/ Fruits

Okra
String Beans
Cucumber
Banana
Carrot
Parwal
Jeera Aloo
Mix Veg

Proteins/Legumes

Arhar Dal
Kadhai Paneer
Dal Fry
Gatta Gravy
Dal Fry
Plain dal
Chana Gravy
Chhole

Snacks/Beverages

White Dhokla
Papdi
Lemonade
Chiwda
Bhel