

WEEKLY MENU

21/10/24 to 26/10/2024

Accompainment

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



Carbs/ Delights

Samosa Chaat
Steamed rice
Chhapati
Jeera Rice
Gulab Jamun
Fryums
Matar Pack
Jalebi



Healthy Food

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

Veggies/ Fruits

Okra
String Beans
Cucumber
Banana
Carrot
Cabbage
Mix Veg
Jeera Aloo
Green Gourd

Proteins/Legumes

Arhar Dal
Kadhai Paneer
Dal Fry
Rajma
Plain dal
Chana Gravy
Matar Gravy

Snacks/Beverages

White Dhokla
Papdi
Lemonade
Chiwda
Bhel
Biscuit