

WEEKLY MENU

14/10/24 to 19/10/2024

Accompainment

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



Carbs/ Delights

Samosa Chaat
Steamed rice
Chhapati
Jeera Rice
Pav
Sambhar Vada
Tutti-Frutti Icecream

Healthy Food

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



Veggies/ Fruits

Okra
String Beans
Cucumber
Banana
Carrot
Parwal
Mix Veg
Bhaji
Green Gourd

Proteins/Legumes

Arhar Dal
Paneer Gravy
Dal Fry
Gatta Gravy
Plain dal
Chana Gravy
Corn Gravy
Lauki Chanadal
Kadhi

Snacks/Beverages

White Dhokla
Papdi
Lemonade
Chiwda
Bhel
Biscuit