

# WEEKLY MENU

11/11/24 to 16/11/2024

## Accompainment

Cucumber Raita,  
Green Salad  
Pickle, Sauce, Jam  
Boondi Raita  
Manchow Soup  
Fryums  
Papad  
Tomato Soup



## Carbs/ Delights

Samosa Chaat  
Steamed rice  
Chhapati  
Veg Pulao  
Pastry  
Pav Bhaji  
Poori

## Healthy Food

Poha  
Coconut Chutney  
Daliya  
Fried Idli  
Millet Pasta  
Bread-Butter  
Cornflakes with Milk  
Sprouts



## Veggies/ Fruits

Peas  
Cabbage  
Cucumber  
Banana  
Carrot  
Pumpkin  
Cauliflower  
Capsicum

## Proteins/Legumes

Chana  
Paneer Gravy  
Dal Fry  
Rajma Gravy  
Plain dal  
Matar Gravy  
Lobiya Gravy  
Masoor Dal

## Snacks/Beverages

White Dhokla  
Papdi  
Lemonade  
Chiwda  
Bhel  
Biscuit