

WEEKLY MENU

18/11/24 to 23/11/2024

Accompainment

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



Carbs/ Delights

Samosa Chaat
Steamed rice
Chhapati
Fried Rice
Poori
Corn Chilli
Tutti Fruiti Icecream
Aloo Sandwich
Saboodana Khichdi

Healthy Food

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



Veggies/ Fruits

Peas
Cabbage
Cucumber
Banana
Carrot
Pumpkin
Cauliflower
Capsicum

Proteins/Legumes

Chana Gravy
Kadhai Paneer
Dal Fry
Plain dal
Lobiya Gravy
Kadhi
Chhole
Corn Chilli

Snacks/Beverages

White Dhokla
Papdi
Lemonade
Chiwda
Bhel
Biscuit