

WEEKLY MENU

4/11/24 to 9/11/2024

Accompainment

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



Carbs/ Delights

Samosa Chaat
Steamed rice
Chhapati
Jeera Rice
Sambhar Vada
Gulab Jamun
Chowmein
Aloo Sandwich
Fried Rice
Chocolate Icecream
Veg Manchurian

Healthy Food

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



Veggies/ Fruits

Peas
Cabbage
Cucumber
Banana
Carrot
Mix Veg
Cauliflower
Carrot
Capsicum

Proteins/Legumes

Chana Chilli
Paneer Bhurji
Dal Fry
Kofta Gravy
Plain dal
Matar Gravy
Lobiya Gravy
Masoor Dal

Snacks/Beverages

White Dhokla
Papdi
Lemonade
Chiwda
Bhel
Biscuit