

WEEKLY MENU

02/12/24 to 07/12/2024

Accompainment

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



Carbs/ Delights

Samosa Chaat
Steamed rice
Chhapati
Veg Pulao
Poori
Aloo Chilli
Jalebi
Gulab Jamun
Sambhar Vada

Healthy Food

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



Veggies/ Fruits

Peas
Cabbage
Cucumber
Banana
Carrot
Cauliflower
Corn Palak
Methi Aloo
Okra

Proteins/Legumes

Chana Gravy
Paneer Bhurji
Dal Fry
Plain dal
Lobiya Gravy
Mix Dal
Gatta Gravy
Arhar Dal

Snacks/Beverages

White Dhokla
Papdi
Lemonade
Chiwda
Bhel
Biscuit
Fruit Punch