

WEEKLY MENU

09/12/24 to 14/12/2024

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
Fried Rice
Chowmein
Aloo Chilli
Gajar Halwa
Moongdal Halwa

Healthy Food

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



Veggies/ Fruits

Peas
Cabbage
Cucumber
Banana
Carrot
Cauliflower
Corn Palak
Methi Aloo
Semi
Gawar Phali

Proteins/Legumes

Chana Gravy
Palak Paneer
Dal Fry
Plain dal
Kofta
Mix Dal
Rajma Gravy
Arhar Dal
Kadhi

Snacks/Beverages

White Dhokla
Papdi
Lemonade
Chiwda
Bhel
Biscuit
Fruit Custard