

WEEKLY MENU

06/01/2025 to 11/01/2025

Accompainment

Cucumber Raita,
Green -Salad
Pickle, Sauce, Jam
Boondi Raita
Onion Raita
Fryums
Papad



Veggies/ Fruits

Peas
Cabbage
Cucumber
Banana
Carrot
Cauliflower
Aloo Methi

Carbs/ Delights

Samosa Chaat
Steamed rice
Chhapati
Fried Rice
Pav-Bhaji
Paneer Chilli
Veg Pulao
Moong dal halwa
Jalebi

Healthy Food

Poha
Coconut Chutney
Daliya
Khichdi
Bread-Butter
Cornflakes with Milk
Sprouts
Ragi Idli
Uttapam
Millet Pasta



Proteins/Legumes

Chana Gravy
Kadhi
Kofta Gravy
Kadhi Paneer
Dal Makhni
Dal Fry
Plain dal
Mix Dal
Arhar Dal

Snacks/Beverages

White Dhokla
Papdi
Lemonade
Chiwda
Bhel
Biscuit
Fruit Custard