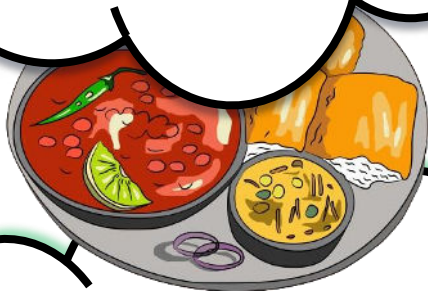


# WEEKLY MENU

13/01/2025 to 18/01/2025

## Accompainment

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



## Carbs/ Delights

Samosa Chaat  
Steamed rice  
Chowmein  
Fried Rice  
Gajar halwa  
Gulab Jamun  
Matar Pack



## Healthy Food

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

## Veggies/ Fruits

Peas  
Cabbage  
Cucumber  
Banana  
Carrot  
Cauliflower  
Aloo Methi  
Veg Machurian  
Barbatti  
Okra

## Proteins/Legumes

Chana Chilli  
Kadhi  
Gatta Gravy  
Kadhi Paneer  
Dal Makhni  
Kaali Dal  
Plain dal  
Mix Dal  
Arhar Dal

## Snacks/Beverages

White Dhokla  
Papdi  
Lemonade  
Chiwda  
Bhel  
Biscuit  
Fruit Punch