

WEEKLY MENU

20/01/2025 to 26/01/2025

Accompainment

Cucumber Raita,
Green -Salad
Pickle, Sauce, Jam
Boondi Raita
Masala Raita
Manchow Soup
Fryums, Papad
Tomato Soup
Imli Chutney, Green
Chutney



Carbs/ Delights

Samosa Chaat
Steamed rice
Fried Rice
Gajar halwa
Veg Pulao
Pav Bhaji
Sabudana Khichdi



Healthy Food

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

Veggies/ Fruits

Peas
Cabbage
Cucumber
Banana
Carrot, Cauliflower
Aloo Palak
Veg Machurian
Barbatti, Okra
Brinjal , Jeera Aloo

Proteins/Legumes

Corn Chilli
Kadhi
Kofta Gravy
Palak Paneer
Plain dal
Lobiya Gravy
Moong Dal
Rajma

Snacks/Beverages

White Dhokla
Papdi
Lemonade
Chiwda
Bhel
Biscuit