

FOOD MENU

DAYS	TIMING						
	7 A.M.	9 A.M.	12 P.M.	3.30 P.M.	6 P.M.	8.30 P.M.	9.45 P.M.
MONDAY	2 glass of milk + 1 boiled egg +1 banana + 1 (5rs) biscuit	Idli Sambhar	Dal makhni + mix veg. + rice + roti +	Lemon water	Cut Fruit + 1 glass roohafza	Aloo Matar+ Kaala Masoor Dal rice + roti +salad + halwa	Hot Milk +bournvita
Tuesday	Same as above	Sweet Daliya + Bread Jam Butter	Rajma + shimla mirch aloo +roti+rice +salad + raita	Same as above	Veg Sandwich (2 pc) + 1 glass Chochlate milk	Seasonal Vegetable + Arhar Daal +roti+rice+2 gulab jamun	Same as above
Wednesday	Same as above	Aloo Sabzi + puri +pickle	Dhaba dal + palak corn +roti + rice	Same as above	Boiled chana chat with onion, tomato, cucumber + 1 glass Orange juice	Chicken curry + shahi paneer + Mix Daal + roti + rice+onion salad	Same as above
Thursday	Same as above	Pasta	Mong masoor dal + veg keema +roti + rice	Same as above	Chowmien + souse + 1 glass mango juice	Chana dal + Kofta Curry + roti + rice + rabri kheer	Same as above
Friday	Same as above	Plain parantha + veg bhaji+ pickle	Kadi Pakoda + zeera aloo + roti + rice + salad	Same as above	Veg. Burger 1 pc +1 glass orange juice	Egg curry+ paneer butter masala + roti +rice +salad	Same as above
Saturday	Same as above	Pao Bhajhi + chutney+c ut onion	Dal tadka + Seasonal Vegetable + roti + rice	Same as above	Bread Roll (2pc)+ 1 glass lemon juice	Dal makhni + Mix Veg + roti +rice + shahi tukda	Same as above
Sunday		Plain Paratha +Paneer Bhurjhi & Egg Bhurjhi + milk	Veg Manchurian + fried rice + noodles + Custurd	Same as above	Patiz (1pc)+ Sauce	Roti + Veg and chicken Biryani + Mix Dal + boondi raita + onion salad	Same as above

