



COURSE	DAYS	EARLY MORNING MEAL 7-7:15 hr BOILED EGG WITH MILK & S.	BREAK FAST 9:10 - 9:30 hr	LUNCH 12:45 - 1:30 hr	COURSE	DAYS	3:10PM	EVENING SNACKS 5:30PM	DINNER 7:30PM-8:00PM	NIGHT MILK 21:10 hr
5-Apr	SUNDAY		ALOO PARANTHA CURD PICKLE	DAL HARYALI LAUKI CHANA PEAS PULAO CHAPATI	5-Apr	SUNDAY	LEMON WATER	TUCK SHOP TUCK SHOP	DAL TADKA DUM ALOO VEG BIRYANI ROTI ONION SALAD SALAD	
6-Apr	MONDAY		NAMKIN SEVIYAN BOURNVITA	KALE CHANA MIX VEG PLAIN RICE CHAPATI JEERA RAITA	6-Apr	MONDAY	LEMON WATER	LIME JUICE PAV SHAJI	DAL PUNJABI GATTA CURRY VEG PULAO ROTI GREEN SALAD JEERA RAITA	
7-Apr	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA HORLICKS	PANCHRATHI DAL ALOO CABBAGE MUTTER TADKA RICE CHAPATI SALAD	7-Apr	TUESDAY	LEMON WATER	BANANA SHAKE CUT FRUIT	DAL BASANTI ALOO GOBHI ADRAKI PLAIN RICE ROTI DICED SALAD SALAD SUJI HALWA	
8-Apr	WEDNESDAY		IDLI & SAMBHAR BANANA	MIX DAL PANEER PASANDA PLAIN RICE CHAPATI RICE KHEER	8-Apr	WEDNESDAY	LEMON WATER	JALJEERA VEG NOODLES	MIX DAL SHAHI PANEER PLAIN RICE ROTI ONION SALAD CHICKEN CURRY	
9-Apr	THURSDAY		PAV WITH ALOO SHAJI BOURNVITA	DAL AMRITSARI ALOO GAJAR MUTTER PLAIN RICE CHAPATI JEERA RAITA	9-Apr	THURSDAY	LEMON WATER	LIME JUICE VEG SANDWICH	RAJMA JEERA ALOO PL RICE ROTI GREEN SALAD SALAD SHAHI TIKDA	
10-Apr	FRIDAY		DALIYA BANANA	KADHI VEG JALPREJI ONION RICE CHAPATI	10-Apr	FRIDAY	LEMON WATER	ROOHAFZA SHAKE CUT FRUIT	DAL PUNJABI PANEER BUTTER MASALA JEERA RICE ROTI GREEN SALAD SALAD	
11-Apr	SATURDAY		POTATO TOAST WITH SAUCE BOURNVITA	DAL TADKA PALAK CORN PLAIN RICE CHAPATI SEVIYAN	11-Apr	SATURDAY	LEMON WATER	BANANA SHAKE MAGGIE	KADHI PAKORA VEG JALPREJI PL RICE ROTI GREEN SALAD SALAD GULAB JAMUN	
12-Apr	SUNDAY		BREAD OMELETTE CORNFLAKES MILK	DAL HARYALI LAUKI CHANA PEAS PULAO CHAPATI	12-Apr	SUNDAY	LEMON WATER	TUCK SHOP TUCK SHOP	DAL TADKA DUM ALOO ONION RICE ROTI ONION SALAD SALAD	
13-Apr	MONDAY		NAMKIN SEVIYAN BOURNVITA	PANCHRATHI DAL ALOO CABBAGE MUTTER TADKA RICE CHAPATI RICE KHEER	13-Apr	MONDAY	LEMON WATER	LIME JUICE PAV SHAJI	DAL PUNJABI GATTA CURRY VEG PULAO ROTI GREEN SALAD JEERA RAITA	
14-Apr	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA HORLICKS	KALE CHANA MIX VEG PLAIN RICE CHAPATI SALAD	14-Apr	TUESDAY	LEMON WATER	BANANA SHAKE CUT FRUIT	DAL BASANTI ALOO GOBHI ADRAKI PLAIN RICE ROTI DICED SALAD SALAD BESAN LADOO	
15-Apr	WEDNESDAY		IDLI & SAMBHAR BANANA	MIX DAL PANEER PASANDA PLAIN RICE CHAPATI SEVIYAN	15-Apr	WEDNESDAY	LEMON WATER	JALJEERA VEG NOODLES	MIX DAL SHAHI PANEER ONION RICE ROTI ONION SALAD CHICKEN CURRY	
16-Apr	THURSDAY		PAV WITH ALOO SHAJI BOURNVITA	DAL AMRITSARI ALOO GAJAR MUTTER PLAIN RICE CHAPATI JEERA RAITA	16-Apr	THURSDAY	LEMON WATER	LIME JUICE VEG SANDWICH	CHOLEY JEERA ALOO PL RICE ROTI GREEN SALAD SALAD FRUIT CUSRURD	
17-Apr	FRIDAY		DALIYA BANANA	KADHI VEG JALPREJI ONION RICE CHAPATI	17-Apr	FRIDAY	LEMON WATER	ROOHAFZA SHAKE CUT FRUIT	DAL PUNJABI PANEER BUTTER MASALA JEERA RICE ROTI GREEN SALAD EGG CURRY	
18-Apr	SATURDAY		POTATO TOAST WITH SAUCE BOURNVITA	DAL TADKA PALAK CORN PLAIN RICE CHAPATI RICE KHEER	18-Apr	SATURDAY	LEMON WATER	BANANA SHAKE MAGGIE	KADHI PAKORA VEG JALPREJI PL RICE ROTI GREEN SALAD SALAD GULAB JAMUN	
19-Apr	SUNDAY		ALOO PARANTHA CURD	DAL HARYALI LAUKI CHANA PEAS PULAO CHAPATI	19-Apr	SUNDAY	LEMON WATER	TUCK SHOP TUCK SHOP	DAL BHUKHARA DUM ALOO VEG BIRYANI ROTI ONION SALAD SALAD	
20-Apr	MONDAY		NAMKIN SEVIYAN BOURNVITA	PANCHRATHI DAL ALOO CABBAGE MUTTER TADKA RICE CHAPATI SEVIYAN	20-Apr	MONDAY	LEMON WATER	LIME JUICE PAV SHAJI	DAL PUNJABI GATTA CURRY VEG PULAO ROTI GREEN SALAD MIX VEG RAITA	
21-Apr	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA HORLICKS	KALE CHANA MIX VEG PLAIN RICE CHAPATI SALAD	21-Apr	TUESDAY	LEMON WATER	BANANA SHAKE CUT FRUIT	DAL BASANTI ALOO GOBHI ADRAKI PLAIN RICE ROTI DICED SALAD SALAD MEETHE BOONDI	
22-Apr	WEDNESDAY		IDLI & SAMBHAR BANANA	MIX DAL PANEER PASANDA PLAIN RICE CHAPATI RICE KHEER	22-Apr	WEDNESDAY	LEMON WATER	JALJEERA VEG NOODLES	MIX DAL SHAHI PANEER ONION RICE ROTI ONION SALAD CHICKEN CURRY	
23-Apr	THURSDAY		PAV WITH ALOO SHAJI BOURNVITA	DAL AMRITSARI ALOO GAJAR MUTTER PLAIN RICE CHAPATI JEERA RAITA	23-Apr	THURSDAY	LEMON WATER	LIME JUICE VEG SANDWICH	RAJMA JEERA ALOO PL RICE ROTI GREEN SALAD SALAD SHAHI TIKDA	
24-Apr	FRIDAY		DALIYA BANANA	KADHI VEG JALPREJI ONION RICE CHAPATI	24-Apr	FRIDAY	LEMON WATER	ROOHAFZA SHAKE CUT FRUIT	DAL PUNJABI PANEER BUTTER MASALA JEERA RICE ROTI GREEN SALAD EGG CURRY	
25-Apr	SATURDAY		POTATO TOAST WITH SAUCE BOURNVITA	DAL TADKA PALAK CORN PLAIN RICE CHAPATI SEVIYAN	25-Apr	SATURDAY	LEMON WATER	BANANA SHAKE MAGGIE	KADHI PAKORA VEG JALPREJI PL RICE ROTI GREEN SALAD SALAD BESAN LADOO	
26-Apr	SUNDAY		BREAD OMELETTE CORNFLAKES MILK	DAL HARYALI LAUKI CHANA PEAS PULAO CHAPATI	26-Apr	SUNDAY	LEMON WATER	TUCK SHOP TUCK SHOP	DAL BHUKHARA DUM ALOO ONION RICE ROTI ONION SALAD SALAD	
27-Apr	MONDAY		NAMKIN SEVIYAN BOURNVITA	PANCHRATHI DAL ALOO CABBAGE MUTTER TADKA RICE CHAPATI RICE KHEER	27-Apr	MONDAY	LEMON WATER	LIME JUICE PAV SHAJI	DAL PUNJABI GATTA CURRY VEG PULAO ROTI GREEN SALAD MIX VEG RAITA	
28-Apr	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA HORLICKS	KALE CHANA MIX VEG PLAIN RICE CHAPATI SALAD	28-Apr	TUESDAY	LEMON WATER	BANANA SHAKE CUT FRUIT	DAL BASANTI ALOO GOBHI ADRAKI PLAIN RICE ROTI DICED SALAD SALAD SUJI HALWA	
29-Apr	WEDNESDAY		IDLI & SAMBHAR BANANA	MIX DAL PANEER PASANDA PLAIN RICE CHAPATI SEVIYAN	29-Apr	WEDNESDAY	LEMON WATER	JALJEERA VEG NOODLES	MIX DAL SHAHI PANEER ONION RICE ROTI ONION SALAD CHICKEN CURRY	
30-Apr	THURSDAY		PAV WITH ALOO SHAJI BOURNVITA	DAL AMRITSARI ALOO GAJAR MUTTER PLAIN RICE CHAPATI JEERA RAITA	30-Apr	THURSDAY	LEMON WATER	LIME JUICE VEG SANDWICH	CHOLEY JEERA ALOO PL RICE ROTI GREEN SALAD SALAD FRUIT CUSRURD	