



COURSE	DAYS	EARLY MORNING MEAL 7-7:15 hr	BREAK FAST 9.10 - 9:30 hr	LUNCH 12:45 - 13:30 hr	COURSE															
1-Oct	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI	SEVIYAN	1-Oct	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN BIRYANI
2-Oct	THURSDAY		POHA	BOURNVITA	DAL AMRITSARI	JEERA ALOO	PLAIN RICE	CHAPATI	JEERA RAITA	2-Oct	THURSDAY	LEMON WATER	LIME JUICE	POTATO TOAST	CHOLEY	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD	
3-Oct	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		3-Oct	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY
4-Oct	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI	SEVIYAN	4-Oct	SATURDAY	LEMON WATER	BANANA SHAKE	MAGGIE	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD	
5-Oct	SUNDAY		ALOO PARANTHA WITH CURD	PICKLE	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI		5-Oct	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BUKHARA	MIX VEG	PL RICE	ROTI	GREEN SALAD	
6-Oct	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	CABBAGE MUTTER	TADKA RICE	CHAPATI	SEVIYAN	6-Oct	MONDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	DAL PUNJABI	BHINDI MASALA	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA
7-Oct	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	BHINDI MASALA	PLAIN RICE	CHAPATI	SALAD	7-Oct	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	VEG JALFREJI	PLAIN RICE	ROTI	DICED SALAD	
8-Oct	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI	SEVIYAN	8-Oct	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY
9-Oct	THURSDAY		POHA	BOURNVITA	DAL AMRITSARI	DUM ALOO	PLAIN RICE	CHAPATI	JEERA RAITA	9-Oct	THURSDAY	LEMON WATER	LIME JUICE	POTATO TOAST	RAJMA	JEERA ALOO	PL RICE	ROTI	GREEN SALAD	
10-Oct	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		10-Oct	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY
11-Oct	SATURDAY		VEG NOODLES	MILK SHAKE	DAL TADKA	JEERA ALOO	PLAIN RICE	CHAPATI	SEVIYAN	11-Oct	SATURDAY	LEMON WATER	BANANA SHAKE	MAGGIE	KADHI PAKORA	DUM ALOO	PL RICE	ROTI	GREEN SALAD	
12-Oct	SUNDAY		ALOO PARANTHA WITH CURD	PICKLE	DAL HARYALI	GUTTA CURRY	PEAS PULAO	CHAPATI		12-Oct	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN ROGINI
13-Oct	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	ALOO MUTTER	TADKA RICE	CHAPATI	SEVIYAN	13-Oct	MONDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	DAL PUNJABI	BHINDI MASALA	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA
14-Oct	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	CABBAGE MASALA	PLAIN RICE	CHAPATI	SALAD	14-Oct	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	GATTA CURRY	PLAIN RICE	ROTI	DICED SALAD	
15-Oct	WEDNESDAY	BOILED EGG WITH MILK & BANANA	IDLI & SAMBHAR	BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI	SEVIYAN	15-Oct	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN BIRYANI
16-Oct	THURSDAY		POHA	BOURNVITA	DAL AMRITSARI	JEERA ALOO	PLAIN RICE	CHAPATI	JEERA RAITA	16-Oct	THURSDAY	LEMON WATER	LIME JUICE	SABUDANA KHICHDI	CHOLEY	JEERA ALOO	PL RICE	ROTI	GREEN SALAD	
17-Oct	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		17-Oct	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY
18-Oct	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI	SEVIYAN	18-Oct	SATURDAY	LEMON WATER	BANANA SHAKE	MAGGIE	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD	
19-Oct	SUNDAY		ALOO PARANTHA WITH CURD	PICKLE	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI		19-Oct	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BUKHARA	DUM ALOO	PL RICE	ROTI	GREEN SALAD	
20-Oct	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE MUTTER	TADKA RICE	CHAPATI	SEVIYAN	20-Oct	MONDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	CHANA DAL	BHINDI MASALA	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA
21-Oct	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	BHINDI MASALA	PLAIN RICE	CHAPATI	SALAD	21-Oct	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	VEG JALFREJI	PLAIN RICE	ROTI	DICED SALAD	
22-Oct	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	PANEER MASALA GRAVY	PLAIN RICE	CHAPATI	SEVIYAN	22-Oct	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	LEMON CHICKEN
23-Oct	THURSDAY		POHA	BOURNVITA	DAL AMRITSARI	JEERA ALOO	PLAIN RICE	CHAPATI	JEERA RAITA	23-Oct	THURSDAY	LEMON WATER	LIME JUICE	POTATO TOAST	CHOLEY	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD	
24-Oct	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		24-Oct	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY
25-Oct	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	DUM ALOO	PLAIN RICE	CHAPATI	SEVIYAN	25-Oct	SATURDAY	LEMON WATER	BANANA SHAKE	MAGGIE	KADHI PAKORA	GATTA CURRY	PL RICE	ROTI	GREEN SALAD	
26-Oct	SUNDAY		BREAD OMELETTE	CORNFLAKES	MILK	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI	26-Oct	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BUKHARA	MIX VEG	PL RICE	ROTI	GREEN SALAD	
27-Oct	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE MUTTER	TADKA RICE	CHAPATI	SEVIYAN	27-Oct	MONDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	CHANA DAL	BHINDI MASALA	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA
28-Oct	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	CABBAGE MASALA	PLAIN RICE	CHAPATI	SALAD	28-Oct	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	VEG JALFREJI	PLAIN RICE	ROTI	DICED SALAD	
29-Oct	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI	SEVIYAN	29-Oct	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN ROGINI
30-Oct	THURSDAY		POHA	BOURNVITA	DAL AMRITSARI	JEERA ALOO	PLAIN RICE	CHAPATI	JEERA RAITA	30-Oct	THURSDAY	LEMON WATER	LIME JUICE	SABUDANA KHICHDI	RAJMA	JEERA ALOO	PL RICE	ROTI	GREEN SALAD	
31-Oct	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		31-Oct	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY

	<b>NIGHT MILK</b> 21.15 hr
<b>SHAHI TIKDA</b>	
<b>BASEN LADDU</b>	
<b>RICE KHEER</b>	
<b>MEETHE BOONDI</b>	
<b>FRUIT CUSTURD</b>	
<b>GULAB JAMUN</b>	
<b>MEETHE BOONDI</b>	
<b>SHAHI TIKDA</b>	
<b>BASEN LADDU</b>	
<b>RICE KHEER</b>	
<b>MEETHE BOONDI</b>	
<b>FRUIT CUSTURD</b>	
<b>GULAB JAMUN</b>	
<b>RICE KHEER</b>	
<b>MEETHE BOONDI</b>	
<b>FRUIT CUSTURD</b>	