



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

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