



COURSE	DAYS	EARLY MORNING MEAL 7-7:15 hr	BREAK FAST 9.10 - 9:30 hr	LUNCH 12:45 - 13:30 hr	COURSE																	
1-Sep	MONDAY	BOILED EGG WITH MILK & BANANA	NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	CABBAGE MUTTER	TADKA RICE	CHAPATI		SEVIYAN	1-Aug	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL PUNJABI	BHINDI MASALA	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA	
2-Sep	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	MIX VEG	PLAIN RICE	CHAPATI	SALAD			2-Aug	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	VEG JALFREJI	PLAIN RICE	ROTI	DICED SALAD	MEETHE BOONDI
3-Sep	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	KADHAI PANEER	PLAIN RICE	CHAPATI				3-Aug	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN BIRYANI
4-Sep	THURSDAY		POHA	BOURNVITA	DAL AMRITSARI	JEERA ALOO	PLAIN RICE	CHAPATI	JEERA RAITA			4-Aug	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	CHOLEY	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD	SHAHI TIKDA
5-Sep	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI				5-Aug	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY
6-Sep	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI			SEVIYAN	6-Aug	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD	GULAB JAMUN
7-Sep	SUNDAY		ALOO PARANTHA WITH CURD AND PICKLE		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI				7-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BUKHARA	MIX VEG	PL RICE	ROTI	GREEN SALAD	RICE KHEER
8-Sep	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	CABBAGE MUTTER	TADKA RICE	CHAPATI				8-Aug	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL PUNJABI	BHINDI MASALA	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA
9-Sep	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	MIX VEG	PLAIN RICE	CHAPATI	SALAD			9-Aug	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	VEG JALFREJI	PLAIN RICE	ROTI	DICED SALAD	MEETHE BOONDI
10-Sep	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI			SEVIYAN	10-Aug	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY
11-Sep	THURSDAY		POHA	BOURNVITA	DAL AMRITSARI	JEERA ALOO	PLAIN RICE	CHAPATI	MIX VEG RAITA			11-Aug	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	CHOLEY	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD	SHAHI TIKDA
12-Sep	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI				12-Aug	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY
13-Sep	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	BHINDI MASALA	PLAIN RICE	CHAPATI			RICE KHEER	13-Aug	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD	GULAB JAMUN
14-Sep	SUNDAY		BREAD OMELETTE WITH CORN FLAKES	SAUCE	PLAIN MILK	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI			14-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BUKHARA	MIX VEG	PL RICE	ROTI	GREEN SALAD	PAYASAM
15-Sep	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	CABBAGE MUTTER	TADKA RICE	CHAPATI				15-Aug	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL PUNJABI	BHINDI MASALA	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA
16-Sep	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	MIX VEG	PLAIN RICE	CHAPATI	SALAD			16-Aug	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	VEG JALFREJI	PLAIN RICE	ROTI	DICED SALAD	MEETHE BOONDI
17-Sep	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI			SEVIYAN	17-Aug	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN BIRYANI
18-Sep	THURSDAY		POHA	BOURNVITA	DAL AMRITSARI	JEERA ALOO	PLAIN RICE	CHAPATI	JEERA RAITA			18-Aug	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	CHOLEY	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD	SHAHI TIKDA
19-Sep	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI				19-Aug	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY
20-Sep	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI			SEVIYAN	20-Aug	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD	BASEN LADDU
21-Sep	SUNDAY		ALOO PARANTHA WITH CURD	PICKLE		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI			21-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BUKHARA	MIX VEG	PL RICE	ROTI	GREEN SALAD	RICE KHEER
22-Sep	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	CABBAGE MUTTER	TADKA RICE	CHAPATI			SEVIYAN	22-Aug	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL PUNJABI	BHINDI MASALA	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA
23-Sep	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	MIX VEG	PLAIN RICE	CHAPATI	SALAD			23-Aug	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	VEG JALFREJI	PLAIN RICE	ROTI	DICED SALAD	MEETHE BOONDI
24-Sep	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	KADHAI PANEER	PLAIN RICE	CHAPATI			SEVIYAN	24-Aug	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY
25-Sep	THURSDAY		POHA	BOURNVITA	DAL AMRITSARI	JEERA ALOO	PLAIN RICE	CHAPATI				25-Aug	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	CHOLEY	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD	SHAHI TIKDA
26-Sep	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI				26-Aug	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY
27-Sep	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI			SEVIYAN	27-Aug	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD	GULAB JAMUN
28-Sep	SUNDAY		BREAD OMELETTE WITH CORN FLAKES	SAUCE	PLAIN MILK	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI			28-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BUKHARA	MIX VEG	PL RICE	ROTI	GREEN SALAD	PAYASAM
29-Sep	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	CABBAGE MUTTER	TADKA RICE	CHAPATI			SEVIYAN	29-Aug	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL BUKHARA	BHINDI MASALA	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA
30-Sep	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	MIX VEG	PLAIN RICE	CHAPATI	SALAD			30-Aug	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	VEG JALFREJI	PLAIN RICE	ROTI	DICED SALAD	MEETHE BOONDI



**NIGHT MILK**  
**21.15 hr**



**BOURNVITA / NORLICKS MILK**