

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	Aloo parantha + curd + pickle + sugar	Dal makhni + mix veg. + rice + roti + rabri kheer	Lemon water	Veg. sandwich 2 pc + 1 glass chocolate milk	Moong masoor dal + gatta kadi + rice + roti +salad + bundi raita	Hot Milk +bournvita
Tuesday	Same as above	Idli + sambar + lemon rice	Kadi pakoda + shimla mirch aloo +roti + rice +salad	Same as above	Cut fruits + 1 glass roohafza	Rajma masala + zeera aloo +roti + rice +2 gulab jamun	Same as above
Wednesday	Same as above	Aloo puri +pickle + halwa	Dhaba dal + palak corn +roti + rice	Same as above	Sprouts + 1 glass Orange juice	Chicken curry + shahi paneer + roti + rice +onion salad	Same as above
Thursday	Same as above	Poha + bread Jam	Mong masoor dal + matter paneer +roti + rice	Same as above	Macaroni + 1 glass mango juice	Chana masala + petha + roti + rice + rabri kheer	Same as above
Friday	Same as above	Plain parantha + veg bhaji	Rajma + 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	Pasta + tomato rice	Dal tadka + veg soya chap + roti + rice + shahi tukda	Same as above	2 vada pav + green chutney + souse + 1 glass cold coffee	Dal makhni + aloo matar + roti + rice i	Same as above
Sunday		Bread omelet + Paneer parantha + pickle + tea	Chhole bhature + veg. veg biryani + butter milk + pickle + onion salad	Same as above	2 samosa / 2 bread roll	Butter chicken + paneer lababdar + roti + rice + onion salad	Same as above