

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	Puri Sabzi and Aachaar	Chana Daal + Veg Keema + rice + roti and salad	Lemon water	Bread Toast + 1 Orange Tang Juice	Veg Manchurian, Fried Rice, Chowmien, Fruit Custard	Hot Milk + bournvita
Tuesday	Same as above	Pasta and Poha	Dal Makhni + Petha +roti+rice + raita	Same as above	Maggai (1 plt) + 1 Mango Tang Juice	Seasonal Vegetable + Raajma +roti+rice salad	Same as above
Wednesday	Same as above	Dalia and Bread Jam	Chole + palak corn +roti + rice	Same as above	Burger (1 pc) + 1 Lemon Juice	Chicken curry + Kadhai paneer + Mix Daal + roti + rice	Same as above
Thursday	Same as above	Methi Paratha and Aachar, Chai	Rajma + Ghiya +roti + rice	Same as above	Chowmien + 1 glass mango juice	Dhabha dal + Kofta Curry + roti + rice + salad, 2pc Gulabjamun	Same as above
Friday	Same as above	Kulcha Chole	Kadi Pakoda + Gaajar Matar + roti + rice	Same as above	Chana Chat +1 glass orange juice	Egg curry+ paneer matar + roti +rice	Same as above
Saturday	Same as above	Idli Sambhar	Dhabha Daal + Methi Aaloo + roti + rice + salad	Same as above	Veg Sandwich (2 pc)+ 1 glass lemon juice	Arhar Daal + Mix Veg + roti +rice + halwa	Same as above
Sunday		Bread Omlate and Cornflakes and Milk	Chole Bhature + matar pulao + noodles + Custurd	Same as above	Tuck Shop	Roti + Kadhai Chicken + Paneer Butter Masala + Kala Masoor + onion salad	Same as above

