

	TIMING						
DAYS	7 A.M.	9 A.M.	12 P.M.	3.30 PM	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 + Roti + Rice + Salad	Lemon Water	Cut Fruit + 1 Orange Tang	Mix Daal + Gobhi Aloo + Rice + Roti + Onion	Hot Milk + Bournvita
Tuesday	Same as above	Bread Jam and Pasta	Dal Makhni + Seasonal Vegetable + Roti + Rice + Raita	Same as above	Black Chana Chat+ 1 Mango Tang Juice	Raajma + Seasonal Vegetable + Roti + Rice + Sweet = Oniaon Salad	Same as above
Wednesday	Same as above	Lemon Rice and Sambhar	Chole + Palak Corn + Roti + Rice + Salad	Same as above	Chilli Patato + 1 Lemon Juice	Chicken curry + Kadhai paneer + Mix Daal + roti + rice + Onion	Same as above
Thursday	Same as above	Dalia and Vermicilli	Rajma + Seasonal veg + Roti + Rice + Onion	Same as above	Macroni + 1 Glass Chochlate Milk	Dal Makhni + Alu patta gobhi matar + roti + rice + salad+ rasgulla	Same as above
Friday	Same as above	Palak Parantha + pickle + tea	Kadi Pakoda + Mix veg + Roti + Rice + onion	Same as above	Veg Sandwich + 1 glass lemon juice	Chilly Egg curry+ paneer matar + Roti + Rice + Onion	Same as above
Saturday	Same as above	Idli Sambhar + cocunut chutney	Dhabha Daal + Seasonal Veg. + Roti + Rice + Salad	Same as above	Bread Pakoda + 1 glass orange juice	Kaala Chana + Potato fry + Roti + Rice + Onion + rabi kheer	Same as above
Sunday		Bread Omlate / Egg Bhurjhi and Cornflakes and Milk	Chole Bhaturo + matar pulao + noodles + Custurd	Same as above	Tuck Shop	Roti + Kadhai Chicken + Paneer Butter Masala + Kala Masoor + onion salad	Same as above