

## Menu(1st and 3rd week May 2023)

	1st May	2nd May	3rd May	4th May	
	15th May	16th May	17th May	18th May	19th May
Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Drink	Fresh seasonal juice	Horlicks milk	Fresh seasonal juice	Horlicks milk	Fresh seasonal juice
Fruit	Muskmelon	Banana	Papaya	Banana	Watermelon
Breakfast	Aloo cheese sandwich	Idli with Sambar and coconut chutney /Cereals	Vada pav	Aloo paratha With curd and pickle	Mix dal chilla With mint chutney/Cereals
<b>Lunch</b>					
Raita	Mix Vegetable Raita/yoghurt /Curd Rice/Chaach	Cucumber Raita/yoghurt /Curd Rice/Aam panna	Boondi Raita/yoghurt Curd Rice/Shikanji	Jeera Raita/yoghurt /Curd Rice/Chaach	Mint Raita/yoghurt /Curd Rice/Lemon water
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Cold Mezze	Aioli	Hummus	Mint chutney	Tabuleh	Hot garlic sauce
Compound Salad	Tossed green salad	Grilled beans salad	Black chana chaat	Sprout With leafy vegetable Salad	Papdi chaat
Sprout	Sprout of the day	Sprout of the day	Sprout of the day	Sprout of the day	Sprout of the day
Accompaniments	Olive	Olive	Olive	Olive	Olive
Continental Food/Chinese	Baked Spinach and corn	Penne in napolitana sauce	Cajun spiced Vegetables	Fussili in mix sauce	Vegetable Hakka noodles
Healthy cuisine	Wok tossed Vegetable in butter garlic sauce	Beetroot poriyal	Masala daliya	Roasted rosemary potato	Sweet and Sour vegetable
Indian Vegetable	Ajwaini masala aloo	Paneer makhani	Aloo capsicum	Tori masala	Paneer manchurian
Dal	Rajma rasmisa	Mix Dal tadka	Kadhi pakora	Green moong adrakhi	Arhar dal tadka
Rice	Steamed rice	Jeera rice	Steamed rice	Awadhi pulao	Steamed rice
Bread	Tawa roti	Tawa roti	Tawa roti	Tawa roti	Tawa roti
Sandwich	Western breads	Western breads	Western breads	Western breads	Western breads
Papad	Papad	Papad	Papad	Papad	Papad
Dessert					Tiramisu
<b>Evening Snacks</b>					
Snacks	Yakult + Oat Cookies	Popcorn	Makhana	Soya Katori	Yogurt

## Menu(2nd and 4th week May 2023)

	8th May	9th May	10th May	11th May	12th May
	22nd May	23rd May	24th May	25th May	26th May
Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Drink	Fresh seasonal juice	Horlicks milk	Fresh seasonal juice	Horlicks milk	Fresh seasonal juice
Fruit	Muskmelon	Banana	Papaya	Banana	Watermelon
Breakfast	Pav bhaji	Vegetable poha with mint chutney/cereals	Mix vegetable Paratha with curd and pickle	Mutter Kulcha	Wada with samber and chutney/cereals
<b>Lunch</b>					
Raita	Mix Vegetable Raita/yoghurt /Curd Rice/Chaach	Cucumber Raita/yoghurt /Curd Rice/Aam panna	Boondi Raita/yoghurt Curd Rice/Shikanji	Jeera Raita/yoghurt /Curd Rice/Chaach	Mint Raita/yoghurt /Curd Rice/Lemon water
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Cold Mezze	Tomato chutney	Hummus	Garlic hungcurd	Cucumber tzatziki	Mint chutney
Compound Salad	Tossed green salad	Parsley infused grilled potato salad	Three bean salad	Pesto marinated cous cous with bellpepper	Papdi chaat
Sprout	Sprout of the day	Sprout of the day	Sprout of the day	Sprout of the day	Sprout of the day
Accompaniments	Olive	Olive	Olive	Olive	Olive
Continental Food/Chinese	Mac and Cheese	Vegetable au gratin	Baked potato layonnaise	Spaghetti soya bolognaise	Burnt garlic noodles
Healthy cuisine	Garlic butter vegetables	Wok tossed mushroom with noodles	Masala oats	Grilled mushroom , babycorn and bellpepper	Oriental vegetables in soy ginger sauce
Indian Vegetable	Paneer butter masala	Achari parmal	Bhindi do pyaza	Dum aloo	Cottage cheese in Sichuan sauce
Dal	Dal makhani	Dal palak	Dal dhaba	Punjabi cholley	Black masoor dal
Rice	Steamed rice	Subz Biryani	Steamed rice	Jeera rice	Steamed rice
Bread	Tawa roti	Tawa roti	Tawa roti	Tawa roti	Tawa Roti
Sandwich	Western breads	Western breads	Western breads	Western breads	Western breads
Papad	Papad	Papad	Papad	Papad	Papad
Dessert					Browine/Hot chocolate pudding
<b>Evening Snacks</b>					
Snacks	Yakult + Oat Cookies	Popcorn	Makhana	Soya Katori	Yogurt