

Food Menu

WEEK- 1 & 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
			17-Sep	18-Sep	19-Sep	20-Sep
BREAKFAST		Juice Seasonal Fruit Multigrain subway sandwich	Chocolate Milkshake Seasonal Fruit Vegetable Parantha Curd/Pickle	Juice Seasonal Fruit Paneer bhurjee kathi roll	Vanilla Milkshake Seasonal Fruit Mini Burger	Juice Seasonal Fruit Aloo Parantha Curd/Pickle
	Dal	Arhar dal tadka	Punjabi cholle	Black Masoor Dal	Dal Makhani	Yellow Moong Dal
LUNCH	Vegetable	Panner Butter Masala	Hing jeera aloo	Bhindi Amchuri	Soya keema mutter	Chilli paneer
	Continental/Chines	Penne in creamy tomato sauce	Thai green curry	Pizza Pocket	Pesto Pasta	Vegetable hakka noodles
	Healthy food	Oven roasted rosemary potato	Cajun Spiced Mixed Vegetables	Miso shitake with noodles	Baked Broccoli	Butter Tossed Babycorn
	Rice/ Bread	Roti, Jeera Rice, Breads	Atta Kulcha, Roti, Rice	Roti, Biryani, Breads	Roti, Rice, Breads	Roti, Brown Onion Rice, Breads
	Compound Salad	Aloo chana chaat	Papdi Chaat	Crunchy beans and coconut	Greek salad with feta	Kimchi Salad
	Salad Bar/Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita
	Cold Mezze	Mint Chutney	Hummus with pita	Mint Chutney	Hummus with pita	Butter garlic sauce
	Drinks	Chaach	Lemon Water	Lassi	Aam Panna	Lemon Water
SNACK		Seasonal Fruit	Cookies	Seasonal Fruit	Lassi	Makhana

WEEK- 2 & 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
		23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
BREAKFAST		Juice Seasonal Fruit Pav Bhaji	Hot Chocolate Seasonal Fruit Idly Sambhar & Chutney Curd/Pickle	Juice Seasonal Fruit Pancakes with Mapple Syrup	Vanilla Milkshake Seasonal Fruit Matar Kulcha	Juice Seasonal Fruit Paneer Parantha Curd/Pickle
	Dal	Dal Dhabha	Kadhi Pakora	Rajma Masala Gravy	Dal Palak	Green Moong Dal
LUNCH	Vegetable	Soya chaap lababdar	Aloo capsicum	Arbi Masala	Mix Vegetable	Shahi Paneer
	Continental/Chines	Fussili in pink sauce	Cannelloni	Mac n cheese	Spaghetti arrabiatta	Hakka noodles
	Healthy food	Potato Layonnaise	Cajun Spiced Mixed Vegetables	Butter tossed babycorn and peppers	Garlic infused carrot and beans	Oriental greens in soya ginger sauce
	Rice/ Bread	Roti, Jeera Rice, Breads	Roti, Rice, Breads	Roti, Rice, Breads	Roti, Green Pea Pulao, Breads	Roti, Brown Onion Rice, Breads
	Compound Salad	Chickpea Salad	Greek salad with feta	Grilled potato, thyme, parsley salad	Papdi Chaat	Thai vegetable salad
	Salad Bar/Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita
	Cold Mezze	Mint Chutney	Hummus with pita	Mint Chutney	Hummus with pita	Garlic Aioli
	Drinks	Chaach	Lemon Water	Lassi	Aam Panna	Lemon Water
SNACK		Seasonal Fruit	Cookies	Seasonal Fruit	Lassi	Makhana