

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 |
| | LUNCH | Dal Arhar dal tadka Vegetable Panner Butter Masala Continental/Chines Penne in creamy tomato sauce Healthy food Oven roasted rosemary potato Rice/ Bread Roti, Jeera Rice, Breads Compound Salad Aloo chana chaat Salad Bar/Raita Kachumber Salad, Curd, Raita Cold Mezze Mint Chutney Drinks Chaach | Punjabi cholle Hing jeera aloo Thai green curry Cajun Spiced Mixed Vegetables Atta Kulcha, Roti, Rice Papdi Chaat Kachumber Salad, Curd, Raita Hummus with pita Lemon Water | Black Masoor Dal Bhindi Amchuri Pizza Pocket Miso shitake with noodles Roti, Biryani, Breads Crunchy beans and coconut Kachumber Salad, Curd, Raita Mint Chutney Lassi | Dal Makhani Soya keema mutter Pesto Pasta Baked Broccoli Roti, Rice, Breads Greek salad with feta Kachumber Salad, Curd, Raita Hummus with pita Aam Panna | Yellow Moong Dal Chilli paneer Vegetable hakka noodles Butter Tossed Babycorn Roti, Brown Onion Rice, Breads Kimchi Salad Kachumber Salad, Curd, Raita Butter garlic sauce 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 |