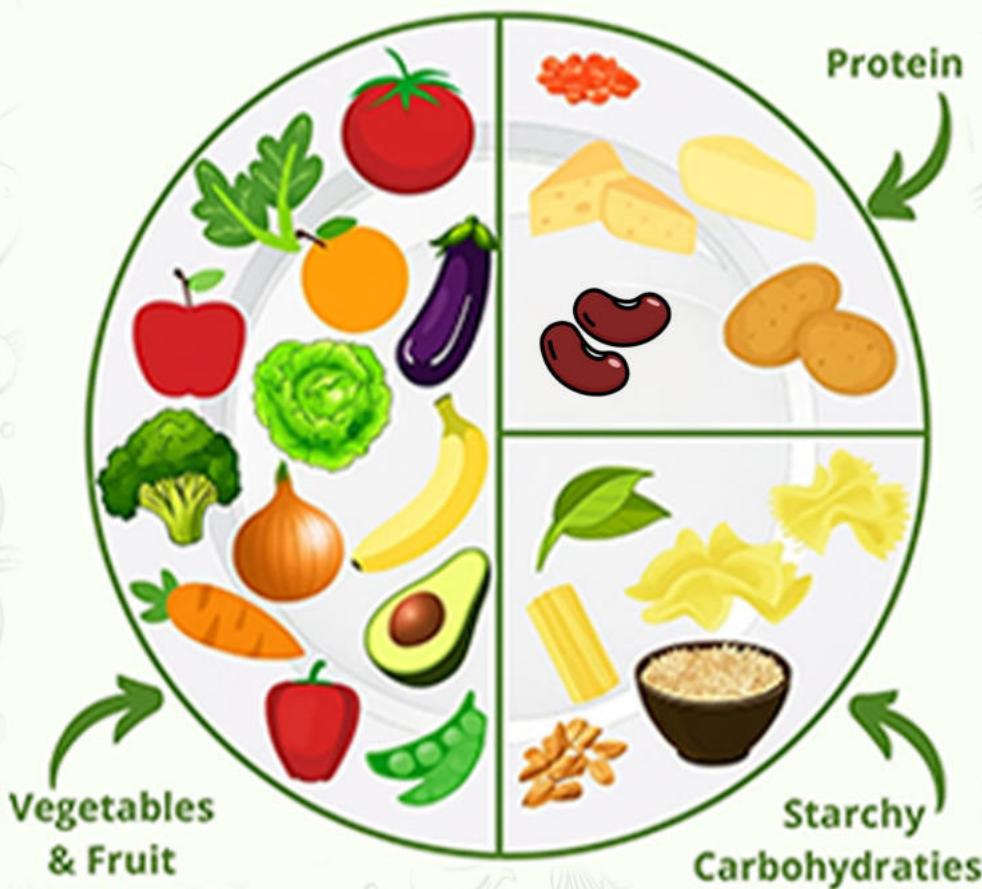




**EATING HEALTHY
FOOD FILLS YOUR
BODY WITH ENERGY
AND NUTRIENTS.
IMAGINE YOUR CELLS
SMILING BACK AT
YOU AND SAYING
THANK YOU!**

— KAREN SALMANSOHN

Forming Balanced Meals & Snacks



Healthy Food
Days (Veggies, Fruits)



Moderate Food
Days (Snacks, Fast Food)



Sweet/treat Days
(Desserts, Candies)

KR MANGALAM MENU 2026 (1ST AND 3RD WEEK JANUARY 2026)

DAY	MONDAY 12TH JAN 2026	TUESDAY 13TH JAN & 27TH JAN 2026	WEDNESDAY 14TH JAN & 28TH JAN 2026	THURSDAY 15TH JAN & 29TH JAN 2026	FRIDAY 16TH JAN & 30TH JAN 2026
BREAKFAST					
Beverage	Fresh Juice	Choco Milk	Fresh Juice	Strawberry milk	Fresh Juice
Fresh Fruit	Papaya	Apple	Banana	Apple	Papaya
Indian Breakfast	Quinoa Pancake	Grilled Vegetable Focaccia Sandwich	Idli with Chutney & Sambhar	Pav Bhaji	Aloo Paratha with Curd & Pickle
LUNCH					
Soup	Minestrone Soup	Vegetable Soup	Mulligatwany Soup	Roasted Tomato Basil Soup	Vegetable Manchow soup
Salad	Traditional Greek Salad	Caesar Salad	Carrot & raisin salad	Bellpepper & Lettuce Salad	Som Tam
Raita	Mint Raita	Cucumber Raita	Boondi Raita	Burhani Raita	Onion Tomato Raita
Indian Mains	Jaipuri Masala Aloo Punjabi Chole	Paneer lababdar Dal do Ratan	Sarson Ka Saag Dal makhani	Gobhi matar Dal Dhaba	Soya Lauki Black Masoor Dal
Indian Breads	Tawa roti	Tawa roti	Tawa roti/Makki Ki Roti	Tawa roti	Tawa roti
International Main	Baked Vegetables	Penne Pasta in Nepolitana Sauce	Wok Tossed Garden Greens	Fussili Pasta in Creamy Pesto Sauce	Chilli Paneer
Western Bread	Western Bread	Western Bread	Western Bread	Western Bread	Western Bread
Rice	Jeera Rice	Steamed Rice	Steamed Rice	Jeera Rice	Vegetable Hakka Noodles
Dessert					16th Jan - Red Velvet Chocolate Pudding 30th Jan - Gulab Jamun

KR MANGALAM MENU 2026 (2ND & 4TH WEEK JANUARY 2026)

DAY	MONDAY 19TH JAN 2026	TUESDAY 20TH JAN 2026	WEDNESDAY 21ST JAN 2026	THURSDAY 22TH JAN 2026	FRIDAY 23RD JAN 2026
BREAKFAST					
Beverage	Fresh Juice	Choco Milk	Fresh Juice	Strawberry milk	Fresh Juice
Fresh Fruit	Orange	Apple	Banana	Apple	Papaya
Indian Breakfast	Banana Pancake	Pav Bhaji	Vegetable Slider	Vegetables Uttapam with sambar and chutney	Mix Veg Paratha with Curd & Pickle
LUNCH					
Soup	Vegetables Hot n Sour Soup	Cream of Mushroom Soup	Tomato Dhaniya Shorba	Roasted Pumpkin soup	Vegetable Sweet Corn Soup
Salad	Kabuli Chana Chaat	Tossed Green Salad	Fresh Greens Medley in French Dressing	Papdi Chaat	Kimchi Salad
Raita	Mint Raita	Cucumber Raita	Boondi Raita	Louki Raita	Onion Tomato Raita
Indian Mains	Gajar matar	Paneer Kadhai	Aloo capsicum	Vegetable Kofta Curry	Lehsuni palak
	Rajma Masala	Dal Milloni	Mix Dal Tadka	Black Chana Curry	Yellow Moong dal tadka
Indian Breads	Tawa roti	Tawa roti	Tawa roti	Tawa roti	Tawa roti
International Main	Spaghetti in Mixed sauce	Baked Spinach & Corn	Wok Tossed Garden Greens	Mac & cheese	Cottage cheese in Soya Ginger Sauce
Western Bread	Western Bread	Western Bread	Western Bread	Western Bread	Western Bread
Rice	Steamed Rice	Jeera Rice	Steamed rice	Steamed rice	Vegetable Fried Rice
Dessert					23rd Jan - Tiramisu