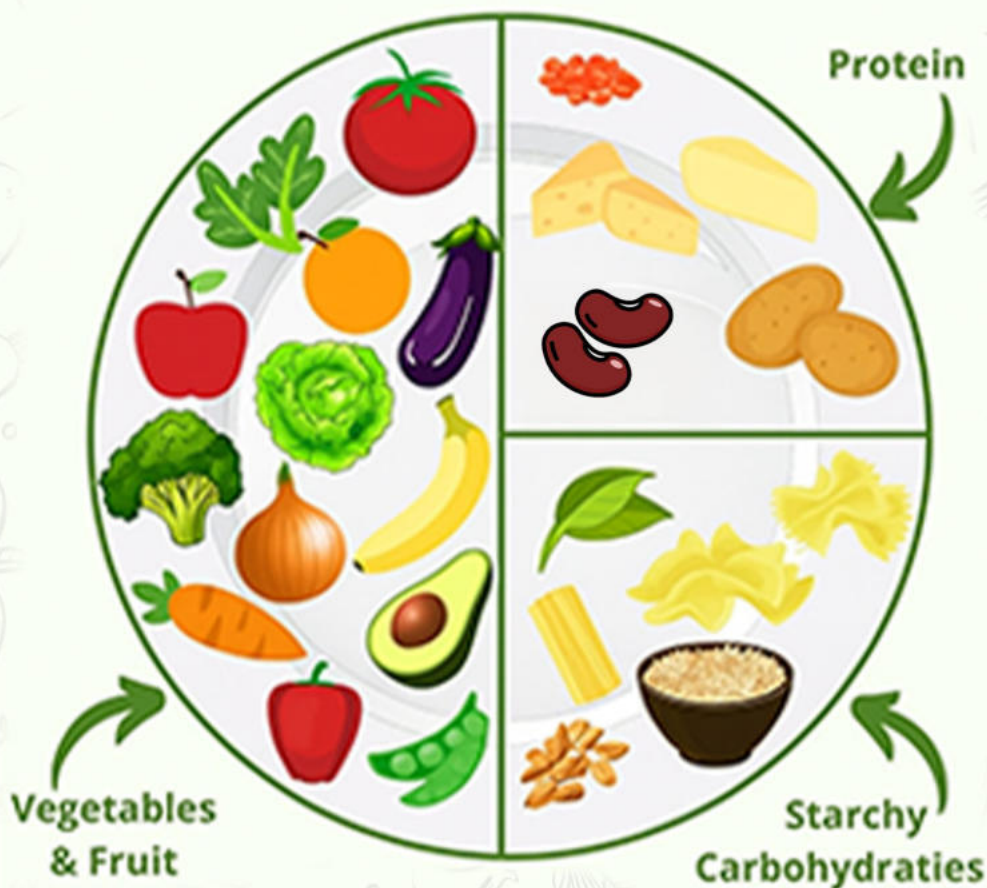




**EATING HEALTHY
FOOD FILLS YOUR
BODY WITH ENERGY
AND NUTRIENTS.
IMAGINE YOUR CELLS
SMILING BACK AT
YOU AND SAYING
THANK YOU!**

— 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	Quinao Pancake 🍌	Grilled Vegetable Focaccia Sandwich 🍌	Idli with Chutney & Sambhar	Pav Bhaji 🍌	Aloo Paratha with Curd & Pickle
LUNCH					
Soup	Minestrone Soup	Vegetable Soup 🍏	Mulligatwamy 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 Napolitana 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 Kadhahi	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 🍌