

Food Menu

Day	Breakfast	Lunch	Dinner
Monday	Poha + matar sabji + lemon or sabudana	Dal + chawal + roti + gobhi	Dal tadka + roti + chawal+ karela aloo With salad or Dal tadka + roti + bhindi aloo With salad
Tuesday	Plain Paratha + jeera aloo	Dal + chawal + roti + barbatti aloo	chole chawal With papad
Wednesday	Idli sambhar	Dal + chawal + roti + semi aloo	Dal + chawal + roti +egg curry with salad Or Dal + chawal + roti +chana aloo with salad
Thursday	Puri + aloo curry	Rajma + chawal Or Soyabin +chawal	chawal + roti + curry + sukha aloo
Friday	Pyaz Paratha	Dal + chawal + roti + pattagobhi	Dal + chawal + roti + kofta with salad
Saturday	Suji chila Or Chana paratha	Dal + chawal + roti + aloo matar	Lemon rice/ veg pulav + raita + papad + meetha
Sunday	Aloo Paratha	Dal + chawal + roti + munga	chawal + roti + chicken curry with salad Or Dal + chawal + roti + aloo chokha with salad

Snacks – Monday and Friday | Timing - 6:00 PM TO 6:30 PM