



## JANUARY - WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20/1/2025	21/1/2025	22/1/2025	23/1/2025	24/1/2025	25/1/2025

## Breakfast: 8:10 am to 8:30 am

Vada	Idli	Puri	Masala Dosa	Mysore Bonda	Veg Upma
Chutney & Sambar	Chutney & Sambar	Channa curry	Chutney & Sambar	Chutney & Sambar	Chutney
Cornflakes & Milk					
Bread & Jam					
Fruit		Fruit		Fruit	

## Lunch: 12:15 pm to 12:40 pm

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Sprouts Salad	Green Salad	Coleslaw salad	Peanut Salad	Green Salad	Green Salad
Carrot Roti	Ghee Roti	Tawa Roti	Carrot Roti	Veg Noodles	Roti
Kichidi	Veg Pulav	Pudina Rice	Tomato Rice	Veg Fried Rice	Biryani
Rajma Curry	Mushroom curry	Tomato Drumstick curry	Kadai Paneer	Veg Manchuria	Mixed Veg Curry
Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice
Sambar	Palak Dal	Veg Sambar	Rasam	Veg Sambar	Dal Tadka
Potato fry	Jeera Aloo	Cauliflower Curry	Carrot Poriyal	Donda fry	Bhindi curry
Chutney	Chutney	Chutney	Chutney	Chutney	Chutney
Fryums	Papad	Fryums	Papad	Fryums	Papad
Curd	Raita	Raita	Raita	Raita	Raita
	Sweet		Sweet		Sweet

## Snacks: 2:00 pm to 2:10 pm

Samosa	Punugula	Bhel Chat	Veg Cutlet	Pakodi	French Fries
Chocolate Milk	Fruit Juice	Horlicks Milk	Fruit Juice	Boost Milk	Fruit Juice

