



## **JANUARY - WEEK 5**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27/1/2025	28/1/2025	29/1/2025	30/1/2025	31/1/2025	1/2/2025

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

Carrot Idli	Uttappam	Puri	Dosa	Aloo Paratha	Pongal
Chutney & Sambar	Chutney & Sambar	Channa curry	Chutney & Sambar	Chutney & curd	Chutney
Cornflakes & Milk					
Bread & Jam					
Fruit		Fruit		Fruit	

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

Green Salad	Green Salad	Sprouts salad	Peanut Salad	Green Salad	Green Salad
Ghee Roti	Tawa Roti	Carrot Roti	Azwain Roti	Veg Noodles	Roti
Jeera Rice	Pav Bhaji	Biryani	Tamarind Rice	Veg Fried Rice	Tomato Rice
Veg Kofta Curry	Palak Corn	Gobi masala	Paneer Butter Masala	Gobi Manchuria	Rajma Masala
Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice
Sambar	Dal Tadka	Veg Sambar	Tomato Dal	Veg Sambar	Palak Dal
Bhindi peanut fry	Capsicum curry	Donda Fry	Cabbage curry	Donda fry	Potato fry
Chutney	Chutney	Chutney	Chutney	Chutney	Chutney
Fryums	Papad	Fryums	Papad	Fryums	Papad
Curd	Curd	Raita	curd	Raita	Raita
	Sweet		Sweet		

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

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







