



WEEK 1 MENU

DAY	FRUIT	BREAKFAST	LUNCH	SALAD
MON	WATERMELON	MASALA SEMIYA - TOMATO CHUTNEY - BREAD BUTTER JAM	PANEER TIKKA BIRYANI - RAITHA	RAW PAPAYA SALAD
TUE	MUSKMELON	IDLI VADA - SAMBHAR - BREAD BUTTER JAM	PULKA - MIX VEG KORM	GREEN VEGGIE SALAD
WED	PAPAYA	HARA BHARA PARATHA - CURD - BREAD BUTTER JAM	SWEET AND SOUR FRIED RICE - HOT GARLIC SAUCE	ZUCCHINI, BELLPEPPER & SPROUTED MOONG SALAD
THU	WATERMELON	PANEER SHAWARMA SANDWICH - BREAD BUTTER JAM	GREEN THAI CURRY WITH STEAMED RICE	KABULI CHANNA CHAT SALAD
FRI	MUSKMELON	BANANA PANCAKE - HONEY - BREAD BUTTER JAM	STIR FRY NOODLES -PEPPER SAUCE	GREEK SALAD WITH OLIVES



WEEK 2 MENU

DAY	FRUIT	BREAKFAST	LUNCH	SALAD
MON	WATERMELON	RUSSIAN COLESLAW SANDIWCN - MINT MAYO - BREAD BUTTER JAM	PUNJABI KADI - STEAM RICE	BHINDI FRIES
TUE	MUSKMELON	ROASTED VEG QUESADILLA - FIESTA DIP - BREAD BUTTER JAM	VEG PULAV - JEERA RAITA	BABYCORN 65
WED	BANANA	DATE ALMOND PANCAKE - HONEY - BREAD BUTTER JAM	JAMMU KE RAJMA - PHULKA	BEANS PORIYAL
THU	PAPAYA	MOONG DAL CHILLA- TOMATO CHUTNEY - BREAD BUTTER JAM	VEGETABLE RICE BATH - CUCUMBER RAITA	GOBI 65
FRI	PINEAPPLE	BEETROOT POORI - HING ALOO SUBZI - BREAD BUTTER JAM	STEAMED RICE & SAMBAR	MIX VEG PORIYAL



WEEK 3 MENU

DAY	FRUIT	BREAKFAST	LUNCH	SALAD
MON	WATERMELON	ITALIAN CHEESY PEPPER PARATHA - CURD - PICKLE - BREAD BUTTER JAM	GOBI MATAR PULAO - DAL TADKA	CESAR SALAD
TUE	BANANA	CHECKERBOARD SANDWICH - MINT MAYO - BREAD BUTTER JAM	PHULKA- NAVRATAN KORMA	CHANA CHAT
WED	PINEAPPLE	PANEER TIKKA MULTIGRAIN ROLL - MINT CHUTNEY - BREAD BUTTER JAM	PULKA - ALOO GOBI LABABDAR	CUCUMBER CHATPATE SALAD
THU	PAPAYA	CHEESY CORN QUESADILLA - FIESTA DIP - BREAD BUTTER JAM	KASHMIRI PULAO- DAL PANCHMEL	KOSAMBARI
FRI	BANANA	PALAK IDLI - PEANUT CHUTNEY - BREAD BUTTER JAM	TAWA PULAO - JEERA RAITA	MIX VEG CHECKPEAS SALAD



WEEK 4 MENU

DAY	FRUIT	BREAKFAST	LUNCH	SALAD
MON	WATERMELON	MINT SHAVIGE BATH - PEANUT CHUTNEY - BREAD BUTTER JAM	METHI PULAO – MAA KI DAL	PEANUT & CORN SALAD
TUE	BANANA	PANEER CAPSICUM PARATHA - CURD - PICKLE - BREAD BUTTER JAM	PHULKA- DIWANI HANDI	TRICOLOUR VEG SALAD
WED	WATERMELON	VANILLA PANCAKE - CHOCOLATE SAUCE - BREAD BUTTER JAM	CHEF SPECIAL BISI BELE BATH-BOONDI-RAITA	MEDITERRANEAN SALAD
THU	PAPAYA	KAALA CHANA - POORI - BREAD BUTTER JAM	MALAI PANEER KASHMIRI PULAO - MIX VEG RAITA	MIXED BEAN SALAD
FRI	BANANA	MASALA DOSA- SAMBHAR - BREAD BUTTER JAM	3 CHEESE PINK SAUCE PASTA WITH EXOTIC VEGETABLES - GARLIC BREAD	OLIVES MIX VEG PEPPER SALAD