

MENU PLAN FOR 11 th WEEK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	15/09/2025	16/09/2025	17/09/2025	18/09/2025	19/09/2025	20/09/2025
BREAKFAST						
BREAKFAST CEREAL	Wheat flakes and milk	Strawberry flakes with milk	Corn flakes with milk	Wheat flakes and milk	Strawberry flakes with milk	Muesli with milk
NATURAL BITE	Banana	Muskmelon	Papaya	Watermelon	Banana	Mix Fruit
BREAD AND SPREAD	Bread toast with accompaniments	Bread toast With accompaniments	Bread toast With accompaniments	Bread toast With accompaniments	Bread toast With accompaniments	Bread toast With accompaniments
HEALTHY BITE	Ragi and dates porridge	oats porridge	Ragi and black raisins porridge	Muesli with milk	oats porridge	ragi and dates porridge
EGG PREPARATION OF THE DAY	Omelette	Boiled egg pepper salt	Omelette	Mushroom scrambled egg	egg fry	Coriander scrambled egg
VEG PREPARATION OF THE DAY	Paneer scrambled with spinach	Paneer bhurji	Paneer scrambled with coriander	Soya keema bhurji	Paneer bhurji	Paneer bhurji with veggies
POWER PACK	Tomato bhath with chutney	Masala dosa with Chutney and sambar	Veg vermicelli with red Chutney	Paratha with Mixed veg curry	Podi Idli with peanut chutney and vegetable sambar	Onion Pesarattu with Ginger chutney and Sambar
POWER BREAK	Wheat flakes and milk	Strawberry flakes with milk	Corn flakes with milk	Wheat flakes and milk	Strawberry flakes with milk	Muesli with milk
LUNCH						
SALAD	Russian salad	Tabouli salad	Green salad	Carrot raisin salad	Crudites	Green salad
SOUPS	Minestrone soup	-	-	-	-	-
BREADS/INDIAN BREADS	Phulka	Mint phulka	Pita bread	Phulka	Masala phulka	Phulka
YUMMY OF THE DAY	Soya galoush	Chole korma	Hummus	Paneer kali mirch	Tomato methi curry	Bendakaya pulusu
FARM FRESH	Bhendi pakoda	Tindli curry	veg mughlai	Gobi sabji	Brinjal curry (dry)	Gokarkaya

						kura
DAL / RASAM	Drumstick dal	Pappu chaaru	Dalcha	Dal tadka	Mudda pappu	Gongura pappu
RICE	Tawa pulao /Steamed rice	Steamed rice	Bagara rice/ steamed rice	Steamed rice	Steamed rice	Jeera rice/ steamed rice
ACCOMPANIMENTS	Roasted Papad	Fryums	Roasted Papad	Roasted Papad	Roasted Papad	Fryums
CURD / RAITA	Raita	Curd	Raita	Curd	Curd	Raita
PACHADI/ PICKLE	Chutney	Pudina kobbari pachadi	Chutney	Pickle	Pickle	Chutney
PROTEIN PACKED- NON VEG	Chicken vindaloo	Chicken jalfrezi	Chicken korma	Palak Chicken	Egg and onion curry	Chicken butter masala
PROTEIN PACKED- VEG	Paneer malai	Paneer mushroom curry	Methi chaman	Grilled Paneer	<u>Pepper paneer</u>	Paneer pasanda
SNACKS 4:00 PM						
PRE TRAINING MEAL	Bhelpuri	Corn on the cob	Tawa chilli toast	Quesadilla	Boiled sweet potato	Shanghai roll
4:30 PM						
POST TRAINING MEAL	Omelette s/w, Veg s/w,	3 bean chat/ fruits	Egg roll/ veg roll	Boiled egg and Fruits	Lobia chat	NA
	Lemonade	Warm milk	Honey milk	Lemonade	Chocolate milkshake	NA