

MENU PLAN FOR 10 <sup>th</sup> WEEK						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	08/09/2025	09/09/2025	10/09/2025	11/09/2025	12/09/2025	13/09/2025
BREAKFAST						
<b>BREAKFAST CEREAL</b>	Corn flakes, muesli with milk	Chocos, wheat flakes, with milk	Muesli, corn flakes with milk	Strawberry flakes, chocos with milk	Corn flakes, wheat flakes with milk	Wheat flakes, muesli with milk
<b>NATURAL BITE</b>	Watermelon	Papaya	Banana	Muskmelon	Pineapple	Mixed Fruit
<b>BREAD AND SPREAD</b>	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments
<b>HEALTHY BITE</b>	Cinnamon oats	ragi java	oats porridge	ragi and black raisins porridge	Banana oat porridge	ragi and dates porridge
<b>EGG PREPARATION OF THE DAY</b>	Red and green pepper scrambled egg	Mushroom scrambled egg	Boiled egg pepper salt	Spinach scrambled egg	Coriander scrambled egg	Scrambled egg
<b>VEG PREPARATION OF THE DAY</b>	Paneer bhurji	Paneer mushroom scrambled	NA	Spinach scrambled paneer	Coriander scrambled paneer	Paneer bhurji with veggies
<b>POWER PACK</b>	Egg roll/ veg roll Ketchup	Set dosa with peanut chutney and sambar	Mixed veg poha with chutney	Carrot Idli with coconut chutney and vegetable sambar	Poori with aloo matar curry	Minapa vada Chutney Sambar
<b>POWER BREAK</b>	Cut fruits and lemonade	Cut fruits and lemonade	Cut fruits and lemonade	Cut fruits and lemonade	Cut fruits and lemonade	Cut fruits and lemonade
LUNCH						
<b>SALAD</b>	Zesty cucumber salad	Green stick salad	Kimchi salad	Hawaiian salad	Lettuce salad	Green salad
<b>SOUPS</b>	Tomato soup with croutons	NA	Hot n sour soup	NA	Lemon coriander soup	NA
<b>BREADS/INDIAN BREADS</b>	Phulka	Methi Phulka	Veg Singaporean noodles	Spinach Phulka	Multigrain Phulka	Phulka

<b>YUMMY OF THE DAY</b>	Vegetable changezi	Alasanda curry	Chilli gobi Semi dry	Lauki kofta curry	Achari Paneer	Chow chow masala
<b>FARM FRESH</b>	Kurkuri arvi	Bendakaya nuvvula karam fry	Mixed veg poriyal	Guar sabji	Capsicum, carrot sabji dry	Chikkudu kaya kura
<b>DAL / RASAM</b>	Masoor Lehsuni dal	Lemon pepper rasam	Veg Sambar	Tamatar dal tadka	Mustard tempered dal	Palakura pappu
<b>RICE</b>	Steamed rice	Steamed rice	Steamed rice	Khuska rice /Steamed rice	Steamed rice	Steamed rice
<b>ACCOMPANIMENTS</b>	Roasted Papad	Fryums	Roasted Papad	Roasted papad	Roasted Papad	Roasted papad
<b>CURD / RAITA</b>	Curd	Curd	Curd	Raita	Curd	Curd
<b>PACHADI/ PICKLE</b>	Chutney	Chutney	Chutney	Pickle	Pickle	Chutney
<b>PROTEIN PACKED- NON VEG</b>	Chicken afghani	Egg burji gravy	Chicken butter masala	Chicken lababdar	Methi chicken	Chicken home style
<b>PROTEIN PACKED- VEG</b>	Palak paneer	Paneer lababdar	Paneer tikka masala	grilled paneer	Sauté mushroom with paneer	Paneer curry
<b>SNACKS 4:00 PM</b>						
<b>PRE TRAINING MEAL</b>	Uggani	Sweetcorn chat	Veg s/w	Boiled sweet potato	Chilli toast	Baked potato
<b>4:30 PM</b>						
<b>POST TRAINING MEAL</b>	Boiled eggs/ fruits	Egg roll/ veg roll	Sprouts chat	Cut fruits	Veg s/w, egg s/w	NA
	Lemonade	Fresh juice	Honey milk	Milkshake	Lemonade	NA