

MENU PLAN FOR 39th WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30/03/26	31/03/26	01/04/26	02/04/26	03/04/26	04/04/26
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Cereal with milk (2 variety)	Cereal with milk (2 variety)	Cereal with milk (2 variety)			
NATURAL BITE	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
BREAD AND SPREAD	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments			
EGG PREPARATION OF THE DAY	Mushroom scrambled egg	Spinach scrambled egg	scrambled egg	red and green pepper scrambled egg	Coriander scrambled egg	Boiled egg pepper and salt
POWER PACK	Tomato bhath with chutney	Pav bhaji	Veg poha with mixed chutney	Idli with peanut chutney	Dalia upma with Red Chutney	Idli with chutney and sambar
POWER BREAK	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
LUNCH 11:45AM						
SALAD	Waldorf salad	Crudités with dip	Greek salad	Garden salad	Russian salad	Green salad
BREADS/INDIAN BREADS						
YUMMY OF THE DAY	Paneer chatphat	Soya green peas sabji (dry)	Aloo 65	Paneer jalfrezi	Veg saagwala (dry)	Bhendi peanut fry
FARM FRESH						
DAL / RASAM	Veg sambar	Dal tadka	Rajmah masala	Dal lehsuni	Mango Dal	Palakura pappu
RICE	Steamed rice/ coconut rice	Steamed rice	Steamed rice	Steamed rice/ kabuli pulao	Steamed rice	Steamed rice
ACCOMPANIMENTS	-	-	-	-	-	
CURD / RAITA	Raita	Curd	Curd	Raita	Curd	Curd

PACHADI/ PICKLE	Pickle	NA	Pickle	NA	Pickle	NA
PROTEIN PACKED- NON VEG	Chicken curry	Chicken vindaloo	Grilled chicken	Egg tomato curry	Grilled chicken	Chicken home style
PROTEIN PACKED- VEG	Paneer curry	Chole masala	Paneer grilled	Lobia curry	Paneer curry	Paneer panch phoran
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Boiled sweet potato	Veg sandwich	Corn on the cob	Chilli toast and banana	Peanut butter sandwich	Uggani
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	egg s/w & veg s/w	Omelette & grilled paneer	Sprouts chat	Egg s/w & paneer s/w	Makhana	NA
	Lemonade	Watermelon juice	Banana milkshake	Pineapple sangaria	Honey milk	NA