

MENU PLAN FOR 41st WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	20/04/26	21/04/26	22/04/26	23/04/26	24/04/26	25/04/26
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Strawberry flakes and corn flakes with milk	Chocos and wheat flakes with milk	Muesli and strawberry flakes with milk	Chocos and wheat flakes with milk	Muesli and corn flakes with milk	Strawberry flakes and corn flakes with milk
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	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments
EGG PREPARATION OF THE DAY	Boiled egg pepper salt	Omelette	red and green pepper scrambled egg	masala omelette	Boiled egg with pepper and salt	egg fry
POWER PACK	Podi Idli with chutney	Veg pongal with chutney	Daliya upma with chutney	Veg poha with chutney	Set dosa with chutney and sambar	Veg vermicelli with chutney
POWER BREAK	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
LUNCH 11:45AM						
SALAD	Zesty cucumber salad	Garden salad	Caprese salad	Green salad	Kimchi salad	Green salad
PHULKA	Phulka	Phulka	Spaghetti Bolognese (veg)	Phulka	Pad thai noodles	Phulka
YUMMY OF THE DAY	Paneer korma	Gobi Kurkuri	Mashed potato	Paneer kali mirch	Bhendi sabji (sauté)	Dondakaya vepudu
DAL / RASAM	Dalcha	Moong dal & Rasam	-	Tomato dal	Dal bukhara	Green Moong dal Tadka
RICE	Curd rice/ steamed rice	Steamed rice	Butter herbed rice	Veg pulao	Steamed rice	Tamarind rice
CURD / RAITA	Curd	Curd	Curd	Raita	Curd	Raita
PACHADI/ PICKLE	Pickle	-	Chutney	Pickle	-	-
PROTEIN PACKED- NON	Methi chicken	Egg curry	Chicken korma	Chicken grilled	Chicken jalfrezi	Chicken grilled

VEG						
PROTEIN PACKED- VEG	Chole curry	Grilled paneer	Grilled tofu	Rajmah masala	paneer Patiala	Grilled tofu
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Uggani	Corn on the cob	Veg sandwich	Masala oats	Bhel puri	Baked potato
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	Egg roll/ veg roll	Omelette/ grilled paneer	Boiled peanuts	Egg s/w/ veg s/w	Ghee roasted makhana	NA
	Lemonade	Watermelon juice	Chocolate milkshake	Lemonade	Honey milk	NA

MENU PLAN FOR 42nd WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20/04/26	21/04/26	22/04/26	23/04/26	24/04/26	25/04/26

SIS BREAKFAST 7:50 AM

Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk
Strawberry flakes and corn flakes	Chocos and wheat flakes	Muesli and strawberry flakes	Chocos and wheat flakes	Muesli and corn flakes	Strawberry flakes and corn flakes
Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments
Idli with chutney and sambar	Veg pongal with chutney	Daliya upma with chutney	Veg poha with chutney	Set dosa with chutney and sambar	Veg vermicelli with chutney

SHORT BREAK 09:50 AM

Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
Lemonade	Lemonade	Lemonade	Lemonade	Lemonade	Lemonade

LUNCH 11:45 AM

Zesty cucumber salad	Garden salad	Corn veggie salad	Green salad	Garden salad	Zesty cucumber salad
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Phulka	Phulka	Phulka	Phulka	Phulka	Phulka
Jowar roti	-	Spaghetti pasta	Ragi roti	Pad thai noodles	-
Tendli sabji	Gobi Kurkuri	Cabbage sabji	French beans sabji	Bhendi sabji (sauté)	Tendli sabji
Dalcha	Moong dal & Rasam	Rajmah masala	Tomato dal	Dal bukhara	Green moong dal tadka
Plain dal	Plain dal	Plain dal	Plain dal	Plain dal	Plain dal
Jeera rice	-	Butter herbed rice	Veg pulao	-	Tamarind rice
Millet rice	Millet rice	Millet rice	Millet rice	Millet rice	Millet rice
Curd	Curd	Curd	Curd	Curd	Curd
-	-	-	-	Pumpkin halwa (made with jaggery)	

SNACKS 4:00 PM

Uggani (no onion, garlic, carrot, beetroot, radish, potatoes)	Corn on the cob (no onion, garlic, carrot, beetroot, radish, potatoes)	Veg sandwich (no onion, garlic, carrot, beetroot, radish, potatoes)	Masala oats (no onion, garlic, carrot, beetroot, radish, potatoes)	Bhel puri (no onion, garlic, carrot, beetroot, radish, potatoes)	Boiled sweet corn
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SNACKS 6:00 PM

Veg roll (no onion, garlic, carrot, beetroot, radish, potatoes)	Grilled paneer (no onion, garlic, carrot, beetroot, radish, potatoes)	Lobia chat (no onion, garlic, carrot, beetroot, radish, potatoes)	Veg s/w (no onion, garlic, carrot, beetroot, radish, potatoes)	Ghee roasted Makhana	NA
lemonade	Watermelon juice	Chocolate milkshake	Lemonade	Honey milk	NA