

MENU PLAN FOR 43rd WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	27/04/26	28/04/26	29/04/26	30/04/26	01/05/26	02/05/26
BREAKFAST 7:50AM						
BREAKFAST CEREAL	Muesli and wheat flakes	Chocos and corn flakes	Corn flakes and strawberry flakes	Strawberry flakes and muesli	Muesli and wheat flakes	Chocos and corn flakes
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
HEALTHY BITE	Ragi java	Oats porridge with dates	Ragi porridge	Oatmeal	Oats porridge	Ragi malt
EGG PREPARATION OF THE DAY	Easy over	Masala omelette	red and green pepper scrambled egg	Boiled eggs	Masala omelette	Egg bhurji
POWER PACK	Set dosa with coconut chutney and sambar	Paneer bhurji with bread toast	Chapathi with veg khorma	Idli with peanut chutney and sambar	Vegetable upma with tomato chutney	Pesarattu with chutney (2 varieties)
POWER BREAK	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
LUNCH 11:45AM						
SALAD	Green salad	Laccha pyaaz salad	Asian sesame salad	Three bean salad	Garden salad	Green salad
PHULKA	Phulka	Phulka	Phulka	Phulka	Phulka	Phulka
YUMMY OF THE DAY	Soya aloo masala	Chole curry	Stir fry vegetables in soy garlic sauce	Bhendi masala (semi gravy)	Tawa Paneer masala	Bharwa karela
DAL / RASAM	Dal lasooni	Mysore rasam	Dal tadka	Gongura pappu	Green moong dal tadka	Tomato dal
RICE	Mutter pulao & steamed	Curd rice & steamed	Steamed rice	Bhagara rice & steamed	Steamed rice	Steamed rice

	rice	rice		rice		
CURD / RAITA	Curd	NA	Curd	Cucumber Raitha	Curd	Curd
PACHADI/ PICKLE	Pickle	NA	Pickle	NA	Chutney	NA
ACCOMPANIMENTS	Roasted papad	Roasted papad	Roasted papad	Roasted papad	Roasted papad	Roasted papad
PROTEIN PACKED- NON VEG	Grilled chicken	Chicken vindaloo	Malai Chicken	Grilled chicken	Chicken homestyle	Methi chicken
PROTEIN PACKED- VEG	Pindi chole	Paneer capsicum masala	Tofu in soy garlic sauce	Kadai mushroom	Rajmah masala	Tofu grilled
PRE WORKOUT SNACKS 4:00 PM						
PRE TRAINING MEAL	Bhel puri	Boiled sweet corn	Dabeli	Oats masala	Boiled sweet potato	Veg sandwich
POST WORKOUT SNACKS 6:30 PM						
POST TRAINING MEAL	Egg roll/ veg roll	Omelette/ grilled paneer	Lobia chat	Egg sandwich/ paneer s/w	Ghee roasted Makhana	NA
	lemonade	Watermelon juice	Chocolate milkshake	Lemonade	Honey milk	

MENU PLAN FOR 43rd WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27/04/26	28/04/26	29/04/26	30/04/26	01/05/26	02/05/26

SIS BREAKFAST 7:50 AM

Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk
Muesli and wheat flakes	Chocos and corn flakes	Corn flakes and strawberry flakes	Strawberry flakes and muesli	Muesli and wheat flakes	Chocos and corn flakes
Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
Bread toast with	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments

accompaniments					
Ragi java	Oats porridge with dates	Ragi porridge	Oatmeal	Oats porridge	Ragi malt
Set dosa with chutney and sambar	Veg poha with chutney	Chapathi with veg khorma	Idli with chutney and sambar	Vegetable upma with tomato chutney	Pesarattu 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

Veggie salad	Veggie salad	Veggie salad	Veggie salad	Veggie salad	Veggie salad
Phulka	Poori	Veg hakka noodles	-	Phulka	Phulka
Ragi roti	Jowar roti	Rice noodles	-	Ragi roti	-
Soya masala	Chole curry	Kurkuri vegetables	Bhendi masala	Tawa veg masala	Karela sabji
Veg sambar	Mysore rasam	Dal tadka	Veg sambar	Green moong dal tadka	Tomato dal
Plain dal	Plain dal	Plain dal	Plain dal	Plain dal	Plain dal
Matar pulao/ Steamed rice	Steamed rice	Bagara rice/ Steamed rice	Steamed rice	Steamed rice	Steamed rice
Millet rice	Millet rice	Millet rice	Millet rice	Millet rice	Millet rice
Raitha	Curd	Curd	Curd	Curd	Curd
-	-	-	-	Puffed rice laddoo (made with jaggery)	

SNACKS 4:00 PM

Bhel puri (no onion, garlic, carrot, beetroot, radish, potatoes)	Boiled sweet corn (no onion, garlic, carrot, beetroot, radish, potatoes)	Dabeli (no onion, garlic, carrot, beetroot, radish, potatoes)	Oats masala (no onion, garlic, carrot, beetroot, radish, potatoes)	Boiled Red chana (no onion, garlic, carrot, beetroot, radish, potatoes)	Veg sandwich (no onion, garlic, carrot, beetroot, radish, potatoes)
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SNACKS 6:00 PM

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