

## MENU PLAN FOR 41<sup>st</sup> WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	13/04/26	14/04/26	15/04/26	16/04/26	17/04/26	18/04/26
<b>BREAKFAST 7:50AM</b>						
<b>BREAKFAST CEREAL</b>	Muesli and wheat flakes with milk	Chocos and corn flakes with milk	Corn flakes and strawberry flakes with milk	Strawberry flakes and muesli with milk	Muesli and wheat flakes with milk	Chocos and corn flakes with milk
<b>NATURAL BITE</b>	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
<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>EGG PREPARATION OF THE DAY</b>	Easy over	Boiled egg pepper salt	red and green pepper scrambled egg	Omelette	Masala omelette	Egg bhurji
<b>POWER PACK</b>	paneer bhurji with pav	Kichidi with khatta and chutney	Batata poha with chutney	Idli with chutney and sambar	Vegetable upma with chutney	Tomato bath with chutney
<b>POWER BREAK</b>	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
<b>LUNCH 11:45AM</b>						
<b>SALAD</b>	Green salad	Laccha pyaaz salad	Veg ceaser salad	Garden salad	Mexican salad	Green salad
<b>PHULKA</b>	Phulka	Poori	Pasta in cheese sauce	-	Phulka	-
<b>YUMMY OF THE DAY</b>	Aloo soya wadi korma	Chole curry (semi dry)	-	Guthi vankaya	Tawa Paneer masala	Bharwa karela
<b>DAL / RASAM</b>	Dal lehsuni	Mysore rasam	Dal makhani	Dal tadka	Palak dal	Tomato dal
<b>RICE</b>	Matar pulao/steamed rice	Curd rice/steamed rice	Steamed rice	Bhagara rice/steamed rice	Steamed rice	Steamed rice
<b>CURD / RAITA</b>	Raitha	NA	Curd	Raitha	Curd	Curd
<b>PACHADI/ PICKLE</b>	Pickle	NA	Pickle	NA	Chutney	NA
<b>PROTEIN PACKED- NON VEG</b>	Grilled chicken	Chicken vindaloo	Malai Chicken	Grilled chicken	Chicken homestyle	Methi chicken

<b>PROTEIN PACKED- VEG</b>	Pindi chole	Paneer capsicum masala	Tofu grilled	Kadai mushroom	Rajmah masala	Tofu grilled
<b>PRE WORKOUT SNACKS 4:00 PM</b>						
<b>PRE TRAINING MEAL</b>	Bhel puri	Veg sandwich	Boiled sweet corn	Oats masala	Boiled sweet potato	Dabeli
<b>POST WORKOUT SNACKS 6:30 PM</b>						
<b>POST TRAINING MEAL</b>	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 41<sup>ST</sup> WEEK

### JAIN MENU

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>13/04/26</b>	<b>14/04/26</b>	<b>15/04/26</b>	<b>16/04/26</b>	<b>17/04/26</b>	<b>18/04/26</b>

#### 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 accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments
Vegetable curry with millet roti/ pav	Kichidi with chutney	Veg poha with chutney	Idli with chutney and sambar	Vegetable upma with chutney	Tomato bath 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

Green salad	Sauté vegetables	Green salad	Garden salad	Green salad	Green salad
Phulka	Phulka	Pasta sauté	Phulka	Phulka	Phulka
Ragi roti	Jowar roti	Rice noodles	-	Ragi roti	

Soya korma	Chole curry	Gobi sabji	French beans sabji	Mixed veg curry	Karela sabji
Tomato dal	Mysore rasam	Dal makhani	Dal tadka	Palak dal	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
Brown rice	Millet rice	Brown rice	Millet rice	Brown rice	-
Curd	Curd	Curd	Curd	Curd	Curd
-	-	-	-	Puffed rice laddoo (made with jaggery)	

**SNACKS 4:00 PM**

Bhel puri (no onion, garlic, carrot, beetroot, radish, potatoes)	Veg sandwich (no onion, garlic, carrot, beetroot, radish, potatoes)	Boiled sweet corn	Oats masala (no onion, garlic, carrot, beetroot, radish, potatoes)	Banana	Jam sandwich
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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