

## MENU PLAN FOR 44<sup>th</sup> WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	04/05/26	05/05/26	06/05/26	07/05/26	08/05/26	09/05/26
<b>BREAKFAST 7:50 AM</b>						
<b>BREAKFAST CEREAL</b>	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
<b>NATURAL BITE</b>	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
<b>BREAD AND SPREAD</b>	Oats porridge	Ragi java	Oatmeal	Ragi porridge	Oats and dates porridge	Ragi malt
<b>HEALTHY BITE</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>	Boiled egg pepper salt	Omelette	red and green pepper scrambled egg	masala omelette	Boiled egg with pepper and salt	egg fry
<b>POWER PACK</b>	Uttapam Chutney sambar	Pav bhaji	Veg poha with mixed chutney	Idli with peanut chutney and sambar	Dalia upma with Red Chutney	Pesarattu with chutney and sambar
<b>POWER BREAK</b>	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
<b>LUNCH 11:45 AM</b>						
<b>SALAD</b>	Green salad	Classic veg salad	Cucumber yoghurt salad	Garden salad	Crudités with dip	Green salad
<b>SOUPS</b>	Phulka	Phulka	Pita bread	Phulka	Phulka	Phulka
<b>BREADS/INDIAN BREADS</b>	Paneer makhani	Soya kofta curry	Hummus	Veg handi	Chole kurma	-
<b>YUMMY OF THE DAY</b>	Turai aloo sabji	Gobi sabji	Vegetable stew	Tamatar mirch ka salan	Bhendi dopyaza	Cabbage peas sabji
<b>FARM FRESH</b>	Mango dal	Pepper rasam	-	Dal Tadka	Tomato rasam	Chamagadda pulusu
<b>DAL / RASAM</b>	Karivepaku rice		Veg Kabsa rice	Vegetable Paneer	-	-



Oats porridge	Ragi java	Oatmeal	Ragi porridge	Oats and dates porridge	Ragi malt
Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments	Bread toast with accompaniments
Uttapam with chutney and sambar	Pav bhaji with lemon wedges	Veg poha with chutney	Idli with chutney and sambar	Dalia upma with chutney	Pesarattu with chutney and sambar

**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	Phulka	Phulka	Phulka	Phulka	Phulka
Jowar roti	-	Ragi roti	Jowar roti	Ragi roti	Jowar roti
Turai sabji	Gobi sabji	Vegetable stew	Tendli sabji	Bhendi sabji	Cabbage peas sabji
Plain dal	Plain dal	Plain dal	Plain dal	Plain dal	Plain dal
Karivepaku rice & steamed rice	Steamed rice	Veg kabsa rice & steamed rice	Veg biryani & steamed rice	Steamed rice	Steamed rice
Millet rice	Millet rice	Millet rice	Millet rice	Millet rice	Millet rice
Curd	Curd	Curd	Curd	Curd	Curd
-	-	-	Puffed rice laddoo		

**SNACKS 4:00 PM**

Jhalmuri (no onion, garlic, carrot, beetroot, radish, potatoes)	Veg kathi roll (no onion, garlic, carrot, beetroot, radish, potatoes)	Rago cookies (no onion, garlic, carrot, beetroot, radish, potatoes)	Herbed sweet corn (no onion, garlic, carrot, beetroot, radish, potatoes)	Veg sandwich (no onion, garlic, carrot, beetroot, radish, potatoes)	Banana
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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
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	potatoes)		potatoes)		
lemonade	Watermelon juice	Chocolate milkshake	Lemonade	Honey milk	NA