

MENU PLAN FOR 45th WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11/05/2026	12/05/2026	13/05/2026	14/05/2026	15/05/2026	16/05/2026
BREAKFAST 7:50 AM						
BREAKFAST CEREAL	Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk
NATURAL BITE	Muesli and wheat flakes	Chocos and corn flakes	Corn flakes and chocos	Strawberry flakes and muesli	Muesli and strawberry flakes	Chocos and wheat flakes
BREAD AND SPREAD	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
HEALTHY BITE	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 and dates porridge	Oats porridge	Ragi and black raisins porridge	Oatmeal	Oats porridge	Ragi java
EGG PREPARATION OF THE DAY	Easy over	Boiled egg pepper salt	red and green pepper scrambled egg	Omelette	Masala omelette	Egg bhurji
POWER PACK	Veg poha with chutney	Veg Upma with chutney	Podi Idli with chutney and sambar	Set Dosa with chutney and sambar	Poori with aloo rasedar	Pesarattu with chutney
POWER BREAK	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade	Cut fruits Lemonade
LUNCH 11:45 AM						
SALAD	Green salad	Garden salad	Kimchi salad	Tossed green salad	Greek salad	Green salad
BREADS/INDIAN BREADS	Phulka	Phulka	Phulka	Phulka	Phulka	Phulka
YUMMY OF THE DAY	Rajmah masala	Diwani handi	Honey and chilli garlic potatoes	Shahi malai Paneer	Reshmi soya khurchan	-
FARM FRESH	Gobi sabji	NA	Basil Stir fry vegetables	Bhendi sabji	Tendli sabji	Mixed veg poriyal
DAL / RASAM	Pepper rasam	Kadhi pakora	Dal tadka	Mysore rasam	Dal mewati	Palakura pappu
RICE	Steamed rice &	Jeera rice and	Thai style coconut rice	Curd rice and Steamed rice	Curd rice and	Pulihora and steamed rice

	Steamed rice	steamed rice	and steamed rice		Steamed rice	
ACCOMPANIMENTS	Roasted papad	Roasted papad	Roasted papad	Roasted papad	Roasted papad	Roasted papad
CURD / RAITA	Curd	-	Curd	-	-	Curd
PACHADI/ PICKLE	Chutney	Pickle	-	Pickle	-	Gongura pachadi
PROTEIN PACKED- NON VEG	chicken grilled	Chicken vindaloo	Chicken grilled	Palak chicken	Chicken homestyle	NA
PROTEIN PACKED- VEG	Paneer curry	Soya chunks curry	Paneer capsicum masala	Kadai mushroom	Rajmah masala	NA
SNACKS 4:00 PM						
PRE TRAINING MEAL	Paneer frankie	Veg sandwich	Bhel puri	Boiled sweet corn	Veg roll	NA
6:00 PM						
POST TRAINING MEAL	Egg roll/ veg roll	Omelette/ grilled paneer	Horsegram chat	Egg s/w/ veg s/w	Ghee roasted makhana	NA
	Lemonade	Watermelon juice	Chocolate milkshake	Lemonade	Honey milk	NA

MENU PLAN FOR 45TH WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday
04/05/26	05/05/26	06/05/26	07/05/26	08/05/26

SIS BREAKFAST 7:50 AM

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 chocos	Strawberry flakes and muesli	Muesli and strawberry flakes
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

Ragi and dates porridge	Oats porridge	Ragi and black raisins porridge	Oatmeal	Oats porridge
Veg poha with chutney	Veg Upma with chutney	Idli with chutney and sambar	Set Dosa with chutney and sambar	Poori with veg curry
Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk	Plain hot milk

SHORT BREAK 09:50 AM

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

LUNCH 11:45 AM

Veggie salad	Veggie salad	Veggie salad	Veggie salad	Veggie salad
Phulka	Phulka	Rice noodles	Phulka	Phulka
Jowar roti	-	Ragi roti	Jowar roti	Ragi roti
Gobi sabji	Cabbage sabji	Stir fry vegetables	Bhendi sabji	Tendli sabji
Plain dal	Plain dal	Plain dal	Plain dal	Plain dal
Steamed rice	Jeera rice & steamed rice	Steamed rice	Steamed rice	Steamed rice
Millet rice	Millet rice	Millet rice	Millet rice	Millet rice
Curd	Curd	Curd	Curd	Curd
-	-	-	-	Pumpkin halwa

SNACKS 4:00 PM

Paneer frankie (no onion, garlic, carrot, beetroot, radish, potatoes)	Veg sandwich (no onion, garlic, carrot, beetroot, radish, potatoes)	Bhel puri (no onion, garlic, carrot, beetroot, radish, potatoes)	Boiled sweet corn	Veg roll (no onion, garlic, carrot, beetroot, radish, potatoes)
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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
lemonade	Watermelon juice	Chocolate milkshake	Lemonade	Honey milk