

MENU PLAN FOR 6th WEEK

Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10/08/2026	11/08/2026	12/08/2026	13/08/2026	14/08/2026	15/08/2026

SNSS BREAKFAST 7:50 AM

BREAKFAST CEREAL	Muesli & wheat flakes with milk	Baked beans	Chocos & corn flakes with milk	Baked potato	Wheat flakes & muesli with milk	Corn flakes & strawberry flakes with milk
BREAD AND SPREAD	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments
EGG PREPARATION OF THE DAY	Scrambled egg	Omelette Masala	Boiled egg	Scrambled egg	Omelette	Egg easy over
NATURAL BITE	Muskmelon	Papaya	Watermelon	Pineapple	Banana	Papaya
HEALTHY BITE	Oats porridge	Ragi java	Oatmeal	Ragi porridge	Corn porridge	Oats porridge
POWER PACK	Vegetable Upma with red chutney	Ajwain Poori with aloo rasedar	Podi Idli with chutney and sambar	Besan cheela With green chutney and karnataka chutney	Uttapam with chutney and sambar	Chole bhature and gajar ka halwa

SHORT BREAK SNSS 10:00 AM

POWER BREAK	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
	Lemonade	Lemonade	Lemonade	Lemonade	Lemonade	Lemonade

LUNCH 11:45 AM

SALAD	Garden salad	Millet & veggie salad	Caprese salad	Green salad	Crudités with dip	Green Salad
SOUP			Veg minestrone			
BREADS/INDIAN BREADS	Paneer kathi roll	Phulka	Garlic bread	Ajwain Phulka	Phulka	Ajwain Phulka
YUMMY OF THE DAY	-	Rajmah masala	Veg carbonara pasta with olives	Veg handi	Paneer hyderabadi	-
FARM FRESH	French Beans sabji	Bhendi sabji	Ratatouli	-	Tawa Gobi	Aloo baingan
DAL / RASAM	Dal triveni	Pepper Rasam	Dal tadka	Palak dal (tur dal)	Homestyle Sambar	Tomato Rasam & mudda pappu

RICE/ FLAVORED RICE	Karivepaku rice & steamed rice	Steamed rice	Herbed rice and steamed rice	Kabuli pulav & steamed rice	Steamed rice	Steamed rice
ACCOMPANIMENTS		Fryums			Fryums	
CURD / RAITA	Raitha	Curd	Curd	Raitha	Curd	Curd
PACHADI/ PICKLE	Chutney	-		Dosakaya chutney		-
PROTEIN PACKED-NON VEG	Chicken curry	Grilled chicken	Egg bhurji	Palak chicken	Roasted egg curry	Grilled chicken
PROTEIN PACKED-VEG	Soya masala	Paneer kali mirch	Paneer homestyle	Paneer tikka masala	Chole masala	Grilled tofu

SNSS PRE TRAINING SNACKS 3:45 PM

PRE TRAINING MEAL	Aloo toast	Peanut chikki	Corn on the cob	Ragi cookies	Jhalmuri	Banana
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SNSS POST TRAINING SNACKS 6:00 PM

POST TRAINING MEAL	Veg roll	Omelette & grilled paneer	Lobia chaat	Egg s/w & paneer s/w	Roasted Makhana	NA
	Chocolate milkshake	Watermelon juice	Banana milkshake	Lemonade	Honey milk	NA

MENU PLAN FOR 6th WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/08/2026	11/08/2026	12/08/2026	13/08/2026	14/08/2026	15/08/2026

BREAKFAST 7:45 AM

Muesli & wheat flakes with milk	Baked beans	Chocos & corn flakes with milk	-	Wheat flakes & muesli with milk	Corn flakes & strawberry flakes with milk
Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments
Muskmelon	Papaya	Watermelon	Pineapple	Banana	Papaya
Oats porridge	Ragi java	Oatmeal	Ragi porridge	Corn porridge	Oats porridge
Vegetable Upma with red chutney	Poori with aloo rasedar	Podi Idli with chutney and sambar	Besan cheela With green chutney	Uttapam with chutney and sambar	Chole bhature & pumpkin halwa

SHORT BREAK SNSS 10:00 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
		Veg minestrone			
Veg kathi roll	-	Pasta with olives	Phulka	Phulka	Ajwain Phulka
-	Rajmah masala	-	-	Tofu curry	Mushroom veg curry
French Beans sabji	Bhendi sabji	Ratatouli	Turai sabji	Tawa Gobi	Tendli sabji
Karivepaku rice	-	Herbed rice	Kabuli pulav	-	Tomato Rasam & mudda pappu
Dal triveni	Pepper Rasam	Dal tadka	Palak dal	Homestyle Sambar	-
Plain dal	Plain dal	Plain dal	Plain dal	Plain dal	Steamed rice
Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Curd
Curd	Curd	Curd	Curd	Curd	
				Millet halwa	

SNSS PRE TRAINING SNACKS 3:45 PM

Veg cheese toast	Peanut chikki	Corn on the cob	Ragi cookies	Jhalmuri	Banana
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SNSS POST TRAINING SNACKS 6:00 PM

Veg s/w	Grilled paneer	Lobia chat	Paneer s/w	Roasted Makhana	NA
Chocolate milkshake	Watermelon juice	Banana milkshake	Lemonade	Honey milk	NA