

MENU PLAN FOR 7th WEEK

Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	17/08/2026	18/08/2026	19/08/2026	20/08/2026	21/08/2026	22/08/2026

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	Banana	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	Idli with chutney and sambar	pancake with chocolate sauce	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	Kachumber salad	Green salad	Crudités with dip	Green Salad
SOUP	Vegetable soup			Roasted pumpkin soup		
BREADS/INDIAN BREADS	Paneer kathi roll	Phulka	Triangle phulka	Ajwain Phulka	Phulka	Ajwain Phulka
YUMMY OF THE DAY	-	Rajmah masala	Amritsari chole	Veg handi	Paneer hyderabadi	-
FARM FRESH	French Beans sabji	Bhendi sabji	Sarson ka saag	-	Tawa Gobi	Aloo baingan
DAL / RASAM	Dal triveni	Pepper Rasam	Dal makhani	Palak dal (tur dal)	Homestyle Sambar	Tomato Rasam & mudda pappu
RICE/ FLAVORED RICE	Karivepaku rice &	Steamed rice	Jeera rice and	Kabuli pulav & steamed	Steamed rice	Steamed rice

	steamed rice		steamed rice	rice		
ACCOMPANIMENTS		Fryums	Papad			
CURD / RAITA	Raitha	Curd	Raitha	Raitha	Curd	Curd
PACHADI/ PICKLE	Chutney	-	Mint 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 7th WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17/08/2026	18/08/2026	19/08/2026	20/08/2026	21/08/2026	22/08/2026

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	Banana	Watermelon	Pineapple	Banana	Muskmelon
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	Pancake with chocolate sauce	Uttapam with chutney and sambar	Pesarattu with chutney and sambar

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
Vegetable soup			Roasted pumpkin soup		
Veg kathi roll	Phulka	Traingle paratha	Phulka	Phulka	Phulka
-	Rajmah masala	Amritsari chole	Bottle gourd sabji	Tofu curry	Mushroom curry
French Beans sabji	Bhendi sabji	Cabbage sabji	Turai sabji	Tawa Gobi	Brinjal sabji
Karivepaku rice	-	Jeera rice	Kabuli pulav	-	
Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Dal triveni	Pepper Rasam	Dal tadka	Palak dal	Pappu chaaru	Rasam and mudda pappu
Plain dal	Plain dal	Plain dal	Plain dal	Plain dal	Steamed rice
	Rice fryums	Rice fryums			
Curd	Curd	Curd	Curd	Curd	Curd
				Kaddu ka 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