

MENU PLAN FOR 9th WEEK

Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31/08/2026	01/09/2026	02/09/2026	03/09/2026	04/09/2026	05/09/2026

SNSS BREAKFAST 7:50 AM

BREAKFAST CEREAL	Chocos & corn flakes with milk	Wheat flakes and corn flakes with milk	Strawberry flakes and chocos with milk	Muesli and wheat flakes with milk	Corn flakes & muesli with milk	Strawberry flakes and wheat flakes with milk
BREAD AND SPREAD	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments
VEG PREPARATION OF THE DAY		Paneer bhurji	-	Paneer bhurji	-	Paneer bhurji
EGG PREPARATION OF THE DAY	Boiled egg	Egg easy over	Scrambled egg with mushroom	Masala omelette	Scrambled egg	Omelette
NATURAL BITE	Watermelon	Papaya	Pineapple	Muskmelon	Banana	Watermelon
HEALTHY BITE	Oats porridge	Ragi java	Oatmeal	Ragi porridge	Corn porridge	Oats porridge
POWER PACK	Carrot Idli with chutney and sambar	Tomato bhath with chutney	Veg poha with red chutney	Dosa with chutney and sambar	Aloo Chole bhature	Stuffed paratha with raitha and chutney

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	Quinoa corn salad	Garden salad	Fattoush salad	Pineapple mediterranean salad	Bon ton salad (veg)	Green Salad
SOUP	-	-	Harira soup	-		
BREADS/INDIAN BREADS	Cheesy pasta	Phulka	Pita bread	paratha	Phulka	Chapathi
YUMMY OF THE DAY	Lobia curry	Paneer nawabi	Hummus	Paneer rogan josh	Soya kofta masala	-
FARM FRESH	Brinjal pops	Mixed veg poriyal	Mousakka	Hyderabadi mirch ka salan	Plantain curry	Dondakaya vepudu
DAL / RASAM	Pepper	Homestyle	Dal tadka	Dal keoti	Veg sambar	Garlic dal

	rasam	sambar				
RICE/ FLAVORED RICE	Steamed rice	Jeera rice	Veg kabsa rice	Vegetable tahari	Steamed rice	Kathal dum biryani
ACCOMPANIMENTS		Fryums				
CURD / RAITA	Curd	Curd	Raitha	Raitha	Curd	Raitha
PACHADI/ PICKLE	Chutney	-			Chutney	-
PROTEIN PACKED-NON VEG	Grilled chicken	Egg bhurji	Mughlai chicken	Grilled chicken	Tomato egg curry	Chicken hyderabadi
PROTEIN PACKED-VEG	Paneer kurchan	Amritsari chole	Paneer chatphat	Soya curry	Grilled paneer	Rajmah masala

SNSS PRE TRAINING SNACKS 3:45 PM

PRE TRAINING MEAL	boiled sweet potato	Masala oats kichidi	Corn on the cob	Boiled peanuts	Sweet potato cutlet	Mixed fruits (bite size)
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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 9th WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31/08/2026	01/09/2026	02/09/2026	03/09/2026	04/09/2026	05/09/2026

BREAKFAST 7:45 AM

Hot milk	Hot milk	Hot milk	Hot milk		
Chocos & corn flakes	Wheat flakes and corn flakes	Strawberry flakes and chocos	Muesli and wheat flakes		
Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments		
Watermelon	Papaya	Pineapple	Muskmelon		
Oats porridge	Ragi java	Oatmeal	Ragi porridge		
Idli with chutney and sambar	Veg upma with chutney	Veg poha with chutney	Dosa with chutney and sambar		

SHORT BREAK SNSS 10:00 AM

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

LUNCH 11:45 AM

Quinoa corn	Garden salad	Veggie salad	Pineapple		
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salad			mediterranean salad		
-	-	Harira soup	-		
Jowar roti	Ragi roti	Jowar roti	Ragi roti		
Lobia curry	-	Chole curry	Tofu curry		
Brinjal pops	Mixed veg sabji	Bhendi sabji	Turai sabji		
-	Jeera rice	Veg kabsa rice	Vegetable tahari		
Pepper rasam	Homestyle sambar	Dal tadka	Dal keoti		
Plain dal	Plain dal	Plain dal	Plain dal		
Steamed rice	Steamed rice	Steamed rice	Steamed rice		
Millet rice	Brown rice	Brown rice	Brown rice		
	Rice fryums				
			Kaddu ka halwa		

SNSS PRE TRAINING SNACKS 3:45 PM

boiled corn	Masala oats kichidi	Corn on the cob	Boiled lobia		
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SNSS POST TRAINING SNACKS 6:00 PM

Veg s/w	Grilled paneer	Lobia chat	Paneer s/w		
Chocolate milkshake	Watermelon juice	Banana milkshake	Lemonade		