

MENU PLAN FOR 10th WEEK

Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	07/09/2026	08/09/2026	09/09/2026	10/09/2026	11/09/2026	12/09/2026

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	Banana	Muskmelon	Pineapple	Papaya	Muskmelon	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	Pesarattu with chutney- 2 types

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	Coleslaw salad	Pineapple mediterranean salad	Bon ton salad (veg)	Green Salad
SOUP	-	-	Carrot and leek soup	-		
BREADS/INDIAN BREADS	Cheesy pasta	Phulka	Garlic bread	paratha	Phulka	Chapathi
YUMMY OF THE DAY	Lobia curry	Paneer nawabi	Creamy Mashed potatoes	Paneer rogan josh	Soya kofta masala	-
FARM FRESH	Brinjal pops	Mixed veg poriyal	Roasted vegetables	Hyderabadi mirch ka salan	Plantain curry	Dondakaya vepudu

DAL / RASAM	Pepper rasam	Homestyle sambar	Dal tadka	Dal keoti	Veg sambar	Garlic dal
RICE/ FLAVORED RICE	Steamed rice	Jeera rice	Kedgerie & steamed rice	Vegetable tahari	Steamed rice	Kathal dum biryani
ACCOMPANIMENTS		Fryums				
CURD / RAITA	Curd	Curd	Curd	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	Bhelpuri	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 10th WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07/09/2026	08/09/2026	09/09/2026	10/09/2026	11/09/2026	12/09/2026

BREAKFAST 7:45 AM

Hot milk	Hot milk	Hot milk	Hot milk	Hot milk	Hot milk
Chocos & corn flakes	Wheat flakes and corn flakes	Strawberry flakes and chocos	Muesli and wheat flakes	Corn flakes & muesli	Strawberry flakes and wheat flakes
Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments
Watermelon	Papaya	Pineapple	Muskmelon	Muskmelon	Watermelon
Oats porridge	Ragi java	Oatmeal	Ragi porridge	Corn porridge	Oats porridge
Idli with chutney and sambar	Veg upma with chutney	Veg poha with chutney	Dosa with chutney and sambar	Chole bhature	Pesarattu with chutney- 2 types

SHORT BREAK SNSS 10:00 AM

Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
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Lemonade	Lemonade	Lemonade	Lemonade	Lemonade	Lemonade
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LUNCH 11:45 AM

Quinoa corn salad	Garden salad	Veggie salad	Pineapple mediterranean salad	Veggies salad	Veggies salad
-	-	Pumpkin soup	-	-	-
Jowar roti	Ragi roti	Jowar roti	Ragi roti	Jowar roti	Ragi roti
Paneer curry	-	Paneer curry	Tofu curry	Soya curry	Paneer curry
Brinjal pops	Mixed veg sabji	Bhendi sabji	Turai sabji	Plantain sabji	Tendli sabji
-	Jeera rice	Veg kabsa rice	Vegetable tahari	-	Kathal biryani
Pepper rasam	Veg sambar	Dal tadka	Dal keoti	Veg sambar	Dal tadka
Plain dal	Plain dal	Plain dal	Plain dal	Plain dal	Plain dal
Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Millet rice	Brown rice	Millet rice	Brown rice	Brown rice	-
	Rice fryums				
				Kaddu ka halwa	

SNSS PRE TRAINING SNACKS 3:45 PM

boiled corn	Bhelpuri	Corn on the cob	Boiled lobia	Sweet potato cutlet	Mixed fruits (bite size)
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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