

MENU PLAN FOR 11th WEEK

Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	14/09/2026	15/09/2026	16/09/2026	17/09/2026	18/09/2026	19/09/2026

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	Pav bhaji	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	Garden salad	Quinoa corn salad	Cucumber dill leaves salad	Mediterranean salad	Bon ton salad (veg)	Green Salad
SOUP	-	-	Tamatar dhaniya shorba	-		
BREADS/INDIAN BREADS	Phulka	Mamaroso pasta	Pudina paratha	Phulka	Phulka	Chapathi
YUMMY OF THE DAY	Paneer chaman kaliya	-	Multani kadai paneer	Lobia curry	Soya kofta masala	-
FARM FRESH	Mixed veg poriyal	Brinjal pops	Aloo makhana	Hyderabadi mirch ka	Plantain curry	Dondakaya vepudu

			sabji	salan		
DAL / RASAM	Homestyle sambar	Pepper rasam	Dal sultani	Dal keoti	Veg sambar	Garlic dal
RICE/ FLAVORED RICE	Jeera rice & steamed rice	Steamed rice	Veg yakhni pulav & steamed rice	Vegetable tahari & steamed rice	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 11th WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14/09/2026	15/09/2026	16/09/2026	17/09/2026	18/09/2026	14/09/2026

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 accompaniment s	Bread with accompaniment s	Bread with accompaniment s	Bread with accompaniment s	Bread with accompaniment s	Bread with accompaniment s
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	Pav bhaji	Chole bhature	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

	Garden salad	Veggie salad	Pineapple mediterranean salad	Veggies salad	Veggies salad
	-	Pumpkin soup	-	-	-
	Ragi roti	Jowar roti	Ragi roti	Jowar roti	Ragi roti
	-	Paneer curry	Tofu curry	Soya curry	Paneer curry
	Brinjal pops	Bhendi sabji	Turai sabji	Plantain sabji	Tendli sabji
	-	Veg kabsa rice	Vegetable tahari	-	Kathal biryani
	Pepper rasam	Dal tadka	Dal keoti	Veg sambar	Dal tadka
	Plain dal	Plain dal	Plain dal	Plain dal	Plain dal
	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
	Brown rice	Millet rice	Brown rice	Brown rice	-
	Rice fryums				
				Besan ki barfi	

SNSS PRE TRAINING SNACKS 3:45 PM

	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

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