

MENU PLAN FOR 15th WEEK

Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12/10/2026	13/10/2026	14/10/2026	15/10/2026	16/10/2026	17/10/2026

SNSS BREAKFAST 7:50 AM

BREAKFAST CEREAL	Muesli and wheat flakes with milk	Baked beans	Corn flakes and muesli with milk	Oatmeal	Wheat flakes and muesli with milk	Baked potato wedges
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	-	Soya bhurji	-	-	
EGG PREPARATION OF THE DAY	Scrambled egg with coriander	Omelette	Scrambled egg	Scrambled egg with veggies	Scrambled egg with spinach	Boiled egg
NATURAL BITE	Papaya	Pineapple	Muskmelon	Watermelon	Banana	Pineapple
HEALTHY BITE	Ragi porridge with raisins	Oatmeal	Ragi malt	Corn grits	Oats porridge	Polenta
POWER PACK	Chapathi with aloo matar curry	Veg vermicelli with tomato chutney	Idli with chutney and sambar	Pav bhaji	Daliya upma with chutney	Vada with chutney And sambar

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	Classic waldorf salad	Garden salad	Veg Caprese salad	Italian salad with chilli lime dressing	Millet and roasted beet salad	Green Salad
SOUP	potato chowder soup with roasted garlic	-	Cream of broccoli		-	-
BREADS/INDIAN BREADS	Singaporean noodles	Phulka	Veg carbonara pasta	Phulka	Phulka	Phulka
YUMMY OF THE DAY	Paneer manchurian	Chole curry	Garlic bread	Tamatar mirch ka salan	Red chana curry	Bendakay peanut fry

FARM FRESH	Bhendi sabji	Guar sabji	Ratatouille	Mixed veg sabji	Aloo 65	
DAL / RASAM	Veg sambar	Tomato rasam	Dal tadka	Dal lahsooni	Mysore rasam	Dalcha
RICE/ FLAVORED RICE	Steamed rice	Steamed rice	Steamed rice & Herbed rice	Steamed rice & Paneer dum biryani	Steamed rice	Steamed rice & Fried onion rice
ACCOMPANIMENTS		Fryums				
CURD / RAITA	Curd	Curd	Curd	Raitha	Curd	Curd
PACHADI/ PICKLE		Chutney			Turai chutney	-
PROTEIN PACKED-NON VEG	Chicken fricassee	Palak chicken	Tomato curry	Grilled chicken	Egg bhurji	Chicken homestyle
PROTEIN PACKED-VEG	Soya chunks curry	Paneer chatphat	Rajmah masala	Soya bhurji masala	Paneer curry	Paneer jalfrezi

SNSS PRE TRAINING SNACKS 3:45 PM

PRE TRAINING MEAL	Jeera cookies	Baked potato fries	Boiled peanuts	Corn on the cob	Bhelpuri	Lobia chat
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SNSS POST TRAINING SNACKS 6:00 PM

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

MENU PLAN FOR 15th WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/10/2026	13/10/2026	14/10/2026	15/10/2026	16/10/2026	17/10/2026

BREAKFAST 7:45 AM

Hot milk	Hot milk	Hot milk	Hot milk	Hot milk	Hot milk
Muesli and wheat flakes	Baked beans	Corn flakes and muesli	Oatmeal	Wheat flakes and muesli	Baked potato wedges
Bread with accompaniment s	Bread with accompaniment s	Bread with accompaniment s	Bread with accompaniment s	Bread with accompaniment s	Bread with accompaniment s
Papaya	Pineapple	Muskmelon	Watermelon	Banana	Pineapple
Ragi porridge with raisins	Oatmeal	Ragi malt	Corn grits	Oats porridge	Polenta
Chapathi with	Veg vermicelli	Idli with	Pav bhaji	Daliya upma	Vada with

veg curry	with chutney	chutney and sambar		with chutney	chutney And sambar
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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
Pumpkin soup	-	Broccoli soup	-	-	-
Singaporean noodles	Phulka	Pasta in tomato sauce	Phulka	Phulka	Phulka
Tofu stir fried	Chole curry	-	Mirch ka salan	Red chana curry	-
Bhendi sabji	Guar sabji	Ratatouille	Mixed veg curry	Tawa gobi	Cabbage sabji
-		Herbed rice	Veg dum biryani	-	-
Veg sambar	Tomato rasam	Dal tadka	-	Mysore rasam	Dalcha
Plain dal	Plain dal	Plain dal	Plain dal	Plain dal	Plain dal
Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Brown rice	Brown rice	Brown rice	Brown rice	Brown rice	-
Curd	Curd	Curd	Curd	Curd	Curd
	Rice fryums				-
				Pumpkin halwa	-

SNSS PRE TRAINING SNACKS 3:45 PM

Jeera cookies	Boiled corn	Mixed fruits	Corn on the cob	Bhelpuri	Boiled lobia
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SNSS POST TRAINING SNACKS 6:00 PM

Veg roll	Grilled paneer	Chana chaat	Paneer s/w	Roasted Makhana	NA
Chocolate milkshake	Watermelon juice	Banana milkshake	Lemonade	Honey milk	NA