

MENU PLAN FOR 17th WEEK

Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	26/10/2026	27/10/2026	28/10/2026	29/10/2026	30/10/2026	31/10/2026

SNSS BREAKFAST 7:50 AM

BREAKFAST CEREAL	Muesli and wheat flakes with milk	Baked beans with milk	Corn flakes and muesli with milk	Oatmeal with milk	Wheat flakes and muesli with milk	Baked potato wedges 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	-	Soya bhurji	-	-	
EGG PREPARATION OF THE DAY	Scrambled egg with coriander	Boiled egg	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 curry	Veg vermicelli with tomato chutney	Idli with chutney and sambar	Set dosa with chutney and sambar	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	Crunchy cabbage salad	Italian salad with chilli lime dressing	Millet and roasted beet salad	Green Salad
SOUP	potato chowder soup with roasted garlic	-	Veg manchow soup		-	-
BREADS/INDIAN BREADS	Pasta aglio-olio	Phulka	Hakka noodles	Phulka	Phulka	Phulka
YUMMY OF THE DAY	Paneer in sashlik sauce	Chole curry	Honey chilli potato	Tamatar mirch ka salan	Red chana curry	Bendakay peanut fry
FARM FRESH	Bhendi sabji	Guar sabji	Soy garlic	Mixed veg	Tawa gobi	Korean

			stir fried vegetables	sabji		babycorn
DAL / RASAM	Veg sambar	Tomato rasam	Dal tadka	Dal lahsooni	Mysore rasam	Dalcha
RICE/ FLAVORED RICE		-	Vegetable fried rice	Paneer dum biryani	-	Fried onion rice
ACCOMPANIMENTS	Steamed rice	Steamed rice		-	Steamed rice	Steamed rice
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	Veg Frankie + corn on 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 17th WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26/10/2026	27/10/2026	28/10/2026	29/10/2026	30/10/2026	31/10/2026

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 accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments
Papaya	Pineapple	Muskmelon	Watermelon	Banana	Pineapple
Ragi porridge with raisins	Oatmeal	Ragi malt	Corn grits	Oats porridge	Polenta
Chapathi with veg curry	Veg vermicelli with chutney	Idli with chutney and	Set dosa with chutney and	Daliya upma with chutney	Vada with chutney

		sambar	sambar		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	-	Veg soup	-	-	-
Pasta sauté	Phulka	Hakka noodles	Phulka	Phulka	Phulka
Tofu stir fried	Chole curry	Crispy vegetable	Mirch ka salan	Red chana curry	-
Bhendi sabji	Guar sabji	-	Mixed veg curry	Tawa gobi	Cabbage sabji
-		Veg fried 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				-
				Semiya payasam	-

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