MENU PLAN FOR 20th WEEK

Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	16/11/2026	17/11/2026	18/11/2026	19/11/2026	20/11/2026	21/11/2026

SNSS BREAKFAST 7:50 AM

BREAKFAST CEREAL	Chocos and corn flakes	Mashed potatoes	Strawberry flakes and muesli	Baked beans	Wheat flakes and Muesli	Mashed potatoes
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 scrambled	-	Soya scrambled	-
EGG PREPARATION OF THE DAY	Scrambled egg	Masala omelette	Scrambled egg with veggies	Boiled egg	Omelette	Coriander scrambled egg
NATURAL BITE	Pineapple	Banana	Muskmelon	Watermelon	Papaya	Banana
HEALTHY BITE	Oats porridge with flax seeds	Ragi malt	Creamy polenta	Oatmeal	Ragi porridge with dates	Oats porridge
POWER PACK	Daliya upma with chutney	Poori with Bombay chutney	Set dosa with chutney and sambar	Veg vermicelli with chutney	Idli with chutney and sambar	Bonda 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	Moong salad with veggies	Zesty cucumber and carrot salad	Tunisian salad	Kimchi	Mixed bean salad	Green Salad
SOUP			Peanut soup			
BREADS/INDIAN BREADS	Phulka	Alfredo pasta	Flat bread	Phulka	Chapathi	Phulka
YUMMY OF THE DAY	Soya kofta masala	Punjabi rajma	Moroccan veg stew	Paneer butter masala	Brinjal tomato curry	-
FARM FRESH	Mixed veg poriyal	Bhendi fry	-	Broad beans sabji (dry)	Dondakay pakora fry	Gobi sabji

DAL / RASAM	Dal lasooni	Pappu chaaru	Dal tadka	Veg sambar	Tomato dal	Dal fry
RICE/ FLAVORED RICE	Veg dum biryani & steamed rice	Steamed rice	Lemon herb rice & steamed rice	Steamed rice	Steamed rice	Tomato rice & steamed rice
ACCOMPANIMENTS				Fryums		
CURD / RAITA	Raitha	Curd	Curd	Curd	Curd	Raitha
PACHADI/ PICKLE	-	Turai Chutney	-	Lauki tamatar chutney	Gongura pandu mirchi chutney	Dosakay chutney
PROTEIN PACKED-NON VEG	Chicken ragout	Chicken grilled	Egg tomato curry	Chicken in pan sauce	Egg bhurji	Chicken stew
PROTEIN PACKED-VEG	Paneer curry	Rajma curry	Soya chunks curry	Lobia curry	Paneer tikka	Grilled tofu

SNSS PRE TRAINING SNACKS 3:45 PM

PRE TRAINING MEAL	Aloo chana chat	Baked potato fries	Boiled peanuts	Veg Frankie + corn on cob	Bhelpuri	Lobia chat

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 20th WEEK

JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16/11/2026	**17/11/2026**	**18/11/2026**	**19/11/2026**	**20/11/2026**	**21/11/2026**

BREAKFAST 7:45 AM

Hot milk	Hot milk	Hot milk	Hot milk	Hot milk	Hot milk
Chocos and corn flakes	Muesli and chocos	Strawberry flakes	Baked beans	Wheat flakes and Muesli	Baked beans
Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments
Pineapple	Banana	Muskmelon	Watermelon	Papaya	Banana
Oats porridge with flax seeds	Ragi malt	Creamy polenta	Oatmeal	Ragi porridge with dates	Overnight soaked oats
Daliya upma with chutney	Poori with veg curry	Set dosa wuth chutney and	Veg vermicelli with chutney	Idli with chutney and	Bonda with chutney and

		sambar		sambar	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

Veggie salad	Veggie salad	Veggie salad	Veggie salad	Veggie salad	Veggie salad
Phulka	Pasta in tomato sauce	Flat bread	Phulka	Chapathi	Phulka
Soya chunks curry	Punjabi rajma	Moroccan veg stew	Tofu curry	Plantain tomato curry	-
Mirch ka salan	Bhendi fry	Paneer curry	broad beans sabji	Tendli fry	Gobi sabji
Veg dum biryani	-	Lemon herb rice	-	-	Tomato rice
Tomato dal	Pappu chaaru	Dal tadka	Veg sambar	Dal tadka	Dal fry
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	Brown rice
Curd	Curd	Curd	Curd	Curd	Curd
			Rice fryums		
				Sweet boondi	

SNSS PRE TRAINING SNACKS 3:45 PM

Red chana chat	Veg Frankie	Jhalmuri (no potato)	Boiled sweet corn	Banana oats bar	Mixed fruits

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