MENU PLAN FOR 21st WEEK

Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	23/11/2026	24/11/2026	25/11/2026	26/11/2026	27/11/2026	28/11/2026

SNSS BREAKFAST 7:50 AM

BREAKFAST CEREAL	Chocos and corn flakes	Mashed potatoes	Strawberry flakes and muesli	Baked beans		Mashed potatoes
BREAD AND SPREAD	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Bread with accompaniments	Peanut butter sandwich	Bread with accompaniments
VEG PREPARATION OF THE DAY	-	-	Paneer scrambled	-		-
EGG PREPARATION OF THE DAY	Scrambled egg	Masala omelette	Scrambled egg with veggies	Boiled egg		Coriander scrambled egg
NATURAL BITE	Pineapple	Banana	Muskmelon	Watermelon		Banana
HEALTHY BITE	Oats porridge with flax seeds	Ragi malt	Creamy polenta	Oatmeal		Oats porridge
POWER PACK	Set dosa with chutney and sambar	Poori with Bombay chutney	Idli with chutney and sambar	Veg vermicelli with chutney	Daliya upma with chutney	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	Som tum salad	Kimchi	-	Green Salad
SOUP			Tom yum soup			
BREADS/INDIAN BREADS	Phulka	Corn & cream pasta	Pad thai noodles	Paratha	Veg frankie	Phulka
YUMMY OF THE DAY	Soya kofta masala	Punjabi rajma	Stir fried Vegetables	Paneer butter masala	-	-
FARM FRESH	Mixed veg poriyal	Bhendi fry	-	Broad beans sabji (dry)	-	Gobi sabji

DAL / RASAM	Dal lasooni	Pappu chaaru	Dal tadka	Veg sambar	-	Dal fry
RICE/ FLAVORED RICE	Veg dum biryani & steamed rice	Steamed rice	Thai basil rice & steamed rice	Steamed rice	Kabuli pulav	Tomato rice & steamed rice
ACCOMPANIMENTS		Fryums				
CURD / RAITA	Raitha	Curd	Curd	Curd	Thick raitha	Raitha
PACHADI/ PICKLE	-	Turai Chutney	-	-		Dosakay chutney
PROTEIN PACKED-NON VEG	Chicken ragout	Chicken grilled	Egg tomato curry	Chicken in pan sauce		Chicken stew
PROTEIN PACKED-VEG	Paneer curry	Rajma curry	Soya chunks curry	Lobia curry		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 21st WEEK
JAIN MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23/11/2026	**24/11/2026**	**25/11/2026**	**26/11/2026**	**27/11/2026**	**28/11/2026**

BREAKFAST 7:45 AM

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

Veggie salad	Veggie salad	Veggie salad	Veggie salad	Veggie salad	Veggie salad
Phulka	Pasta in tomato sauce	Pad thai noodles	Paratha	Veg Frankie	Phulka
Soya chunks curry	Punjabi rajma	Stir fried vegetables	Paneer curry	-	Red chana curry
Mirch ka salan	Bhendi fry	-	Broad beans sabji	-	Gobi sabji
Veg dum biryani	-	Thai basil rice	-	Kabuli pulav	Tomato rice
Tomato dal	Pappu chaaru	Dal tadka	Veg sambar	-	Dal fry
Plain dal	Plain dal	Plain dal	Plain dal	Plain dal	Plain dal
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				
			Puffed rice laddoo		

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