

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>BREAKFAST</b>						
MONDAY	Toast with Butter /Jam Vegetable Cutlet	Toast with Butter/Jam Poha	Toast with Butter/Jam Suji Upama	Toast with Butter/Jam Besan Parantha with curd	Toast with Butter /Jam Macroni	Toast with Butter/Jam Aloo Paneer Parantha + Curd
TUESDAY	Toast with Butter/Jam Vegetable idli	Toast with Butter/Jam Aloo Paneer Parantha + Curd	Toast with Butter/Jam Vermicili	Toast with Butter/Jam Poha	Toast with Butter/Jam Besan Parantha with curd	Cutlet Cucumber tomato cheese Sandwich
WEDNESDAY	Toast with Butter/Jam Veg Vermicili	Cutlet Cucumber tomato cheese Sandwich	Toast with Butter/Jam Paneer parantha + Curd	Cutlet Cucumber tomato cheese Sandwich	Toast with Butter/Jam Vegetable Idli + chutney	Toast with Butter/Jam Vegetable Idli +Chutney
THURSDAY	Toast with Butter/Jam Aloo Paneer Parantha + Curd	Toast with Butter/Jam Vegetable Idli	Toast with Butter/Jam Poha	Toast with Butter/Jam Besan Cheela	Toast with Butter/Jam Vermicili	Toast with Butter/Jam Macroni
FRIDAY	Toast with Butter/Jam Cucumber tomato grilled Sandwich	Toast with Butter/Jam Suji Upama	Toast with Butter/Jam Vegatable Macroni	Toast with Butter/Jam Vermicili	Toast with Butter/Jam Suji Upama	Toast with Butter/Jam Uthapam + Chutney
<b>MIDDAY FRUIT</b>						
MONDAY	Banana	Apple/ Orange/Grapes	Banana	Apple/ Orange/Grapes	Banana	Banana
TUESDAY	Apple/ Orange/Grapes	Banana	Apple/ Orange/Grapes	Banana	Apple/ Orange/Grapes	Apple/ Orange/Grapes
WEDNESDAY	Banana	Apple/ Orange/Grapes	Banana	Apple/ Orange/Grapes	Banana	Apple/ Orange/Grapes
THURSDAY	Apple/ Orange/Grapes	Banana	Apple/ Orange/Grapes	Banana	Apple/ Orange/Grapes	Banana
FRIDAY	Banana	Apple/ Orange/Grapes	Apple/ Orange/Grapes	Apple/ Orange/Grapes	Banana	Apple/ Orange/Grapes
<b>LUNCH</b>						
MONDAY	Chapati + Bhindi + Curd + salad(Tomato/cucumber)	Chapati + Aloo Gobhi+kheera tamatar raita	Rice + dal makhni + Curd +Salad(Tomato/cucumber)	Chapati +Ghiya+ kheera tamatar raita	Rice + white Lobhia+Curd	Rajma + Rice + Curd
TUESDAY	Rice +Rajma+ Curd + salad(Tomato/cucumber)	Rice+Arhar Dal+Curd+ salad(Tomato/cucumber)	Chapati +Palak Paneer+ Curd +Salad(Tomato/cucumber)	Rice + Kadhi Pakora +Curd	Chapati +Nutri Matar Aloo+ Curd	Chapati + Pumpkin(seetafal)+kheera tamatar raita
WEDNESDAY	Chapati + Mix Vegetable + boondi raita + salad(Tomato/cucumber)	Chapati +ghiya kofta + Curd+Salad(Tomato/cucumber)	Rice + Black Masoor Dal + Boondi raita +Salad(Tomato/cucumber)	Chapati +Aloo Matar+ Curd	Rice+Dal makhani+ Curd	White Chana + Rice+ Curd
THURSDAY	Black chana curry + Rice + Curd + Salad(Tomato/cucumber)	Rice + white chole + Boondi raita +Salad(Tomato/cucumber)	Chapati + Matar Aloo Curry+Curd +Salad(Tomato/cucumber)	Rice + Yellow Masoor Dal +Curd	Chapati +Baigan Bharta+ Yellow dal +Curd	Chapati + Aloo Gobhi+boondi raita
FRIDAY	Aloo Puri +Fruit custard	Noodles+ Stir Fied vegetables +Fruit cream	Idli + Sambhar+Chutney + Kheer	Pasta & Garlic bread + Fruit Custard	Pao Bhaji + Ice cream with fruit Salad	kulcha chole +ice cream