



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Veg Upma, Tomato Chutney, Banana	Beetroot Mini Idli, Coconut Chutney, Water melon Dices	Coin Dosa, Sambar, Apple	Cucumber & Tomato Sandwich, Pineapple	Akki Roti, Peanut Chutney, Pineapple
Lunch	Peas Pulav, Mix Veg Kadhi, Greek Salad	Roti, Kofta, Beans Salad	Veg Shawarma Roll, Mint Chutney, Hawaiian Salad	Veg Burger, Coriander Chutney, Cucumber & Carrot Sticks	Plain Paratha, Veg Kurma, Hawaiian Salad
Snacks	Hara Bara Kabab, Besan Ladoo	Chatpata Corn Chaats, Vanilla Muffin	Crispy Nachos, Pineapple Tomato Jalapeno Salsa	Bread Pakoda, Coriander Chutney, Raisins	Veg Bonda, Tomato Ketchup

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Plain Puri, Sagu, Apple	Poha, Water Melon	Dosa, Sambar, Banana	Carrot & Tomato Sandwich, Pineapple	Rawaldli, Tomato Chutney, Muskmelon
Lunch	Multigrain Roti, Veg Jalfreji ,Greek Salad	Spinach & Corn Quesadillas, Mayo Dip, Beans Salad	Lemon Rice, Carrot Sticks	Paneer Tikka Burger, Coriander Chutney, Cucumber & Carrot Sticks	Plain pasta, Tomato Sauce, Greek Salad
Snacks	Madur Vada, Tomato Ketchup	Aloo Palak Tikki, Mint Chutney, Puffed Rice Ladoo	Plain Khakhra, Pineapple Salsa, Besan Ladoo	Set Dosa, Roasted Onion Chutney, Raisins	Vada Pav, Mint Chutney, Puffed Rice Ladoo



Week3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Akki Roti, Peanut Chutney, Pineapple	Idli, Tomato Chutney, Muskmelon	Paniyaram,Coconut Chutney, Water Melon	Uttappam, Tomato Chutney, Orange	Masala Dosa, Sambar, Banana
Lunch	Vegetable Pulav, Carrot Sticks	Tawa Roti, Rajma Masala, Cucumber & Carrot Sticks	Cheese Quesadillas, Mayo Dip, Beans Salad	Grilled Vegetable Sandwich, Greek Salad	Puliogare, Carrot Sticks
Snacks	Mixed Vegetable Pakora &Tomato Ketchup	Masala Vada	Cream Cheese Sandwich	Vegetable Cutlet & Tomato Ketchup	Sabudana Vada & Mint Cutney

Week4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Aloo Poori, Veg Sagu, Apple	Vermicilli Upma, Coconut Chutney, Orange	Cucumber & Tomato Sandwich, Pineapple	Sago Cutlet, Mint Chutney, Whole Banana	Vegetable Dosa, Sambar, Banana
Lunch	Vegetable Biryani, Onion Raita	Chapatti, Channa Masala	Brown Onion Pulav, Masala Raita, Chickpea Salad	Veg Roll, Cucumber and Carrot Sticks	Jeera Rice,Dal Fry , Hawaiian Salad
Snacks	Crispy Spinach Pakora, Tomato Ketchup	Potato Paneer Tots	Rice & Potato Cutlets, Tomato Ketchup	Aloo Pakora , Tomato Ketchup	Vermicilli Upma