

THIS WEEK'S MENU

12TH MAY - 17TH MAY

(VEG/NON-VEG)

MONDAY

BREAKFAST

- Dates & Dry Fruits Oats
- Portion of Seasonal Fruits

LUNCH

- Spicy Chicken/Paneer thokku
- Nei Choru
- Veg Pachadi

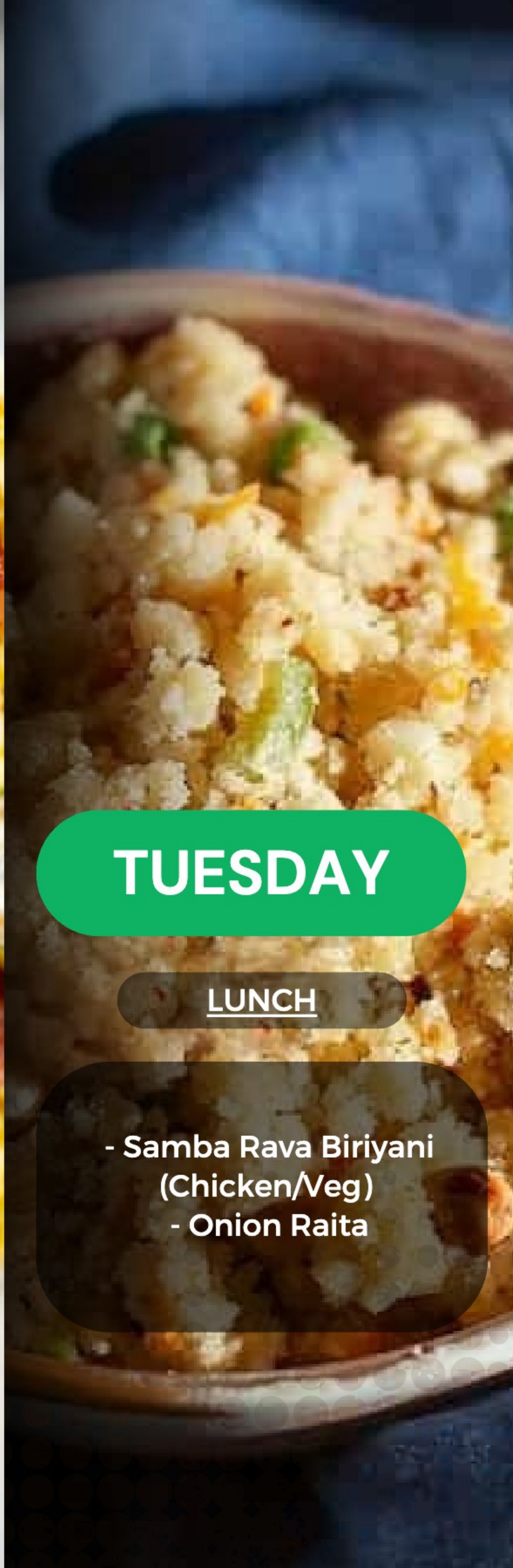
DINNER

- Butter Chicken/Paneer
- Multigrain Chilla



BREAKFAST

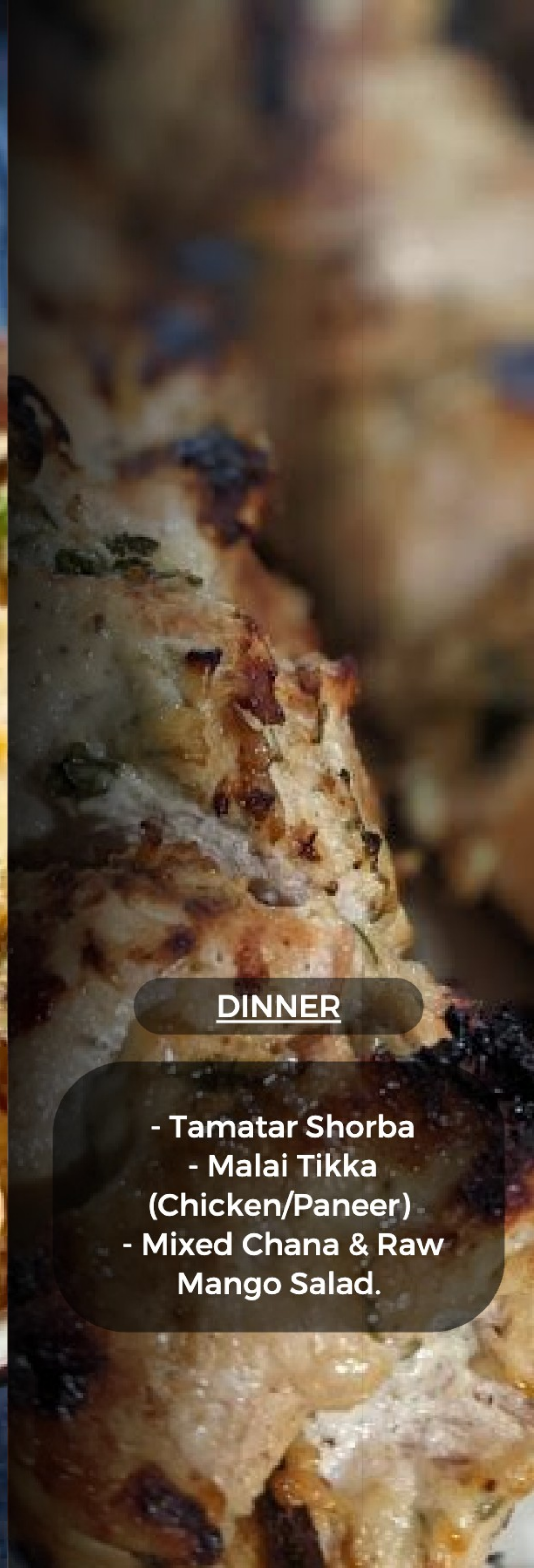
- Egg Breakfast Wrap



TUESDAY

LUNCH

- Samba Rava Biriyani
(Chicken/Veg)
- Onion Raita



DINNER

- Tamatar Shorba
- Malai Tikka
(Chicken/Paneer)
- Mixed Chana & Raw
Mango Salad.



BREAKFAST

- Ragi puttu
- Kerala kadala curry



WEDNESDAY

LUNCH

- Palak lehsuni khichdi
- Egg tawa roast/tawa chana



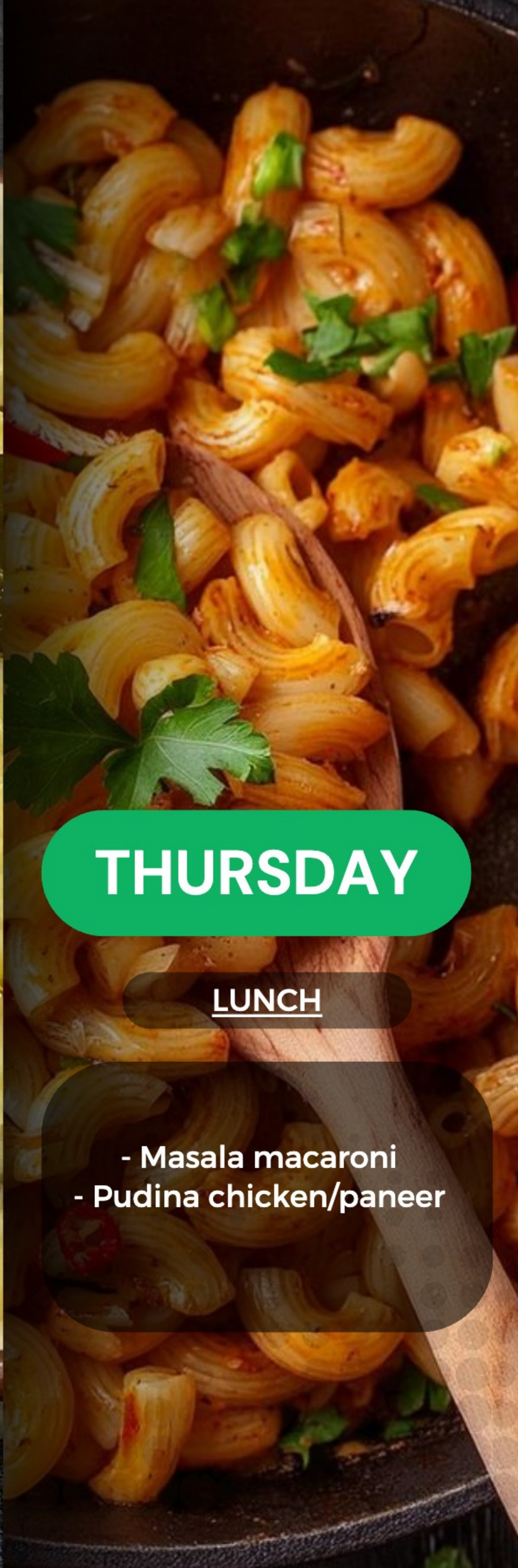
DINNER

- Barley soup
- Whole wheat wraps (garlic chicken/paneer)



BREAKFAST

- Millet pongal
- Tomato gothsu



THURSDAY

LUNCH

- Masala macaroni
- Pudina chicken/paneer



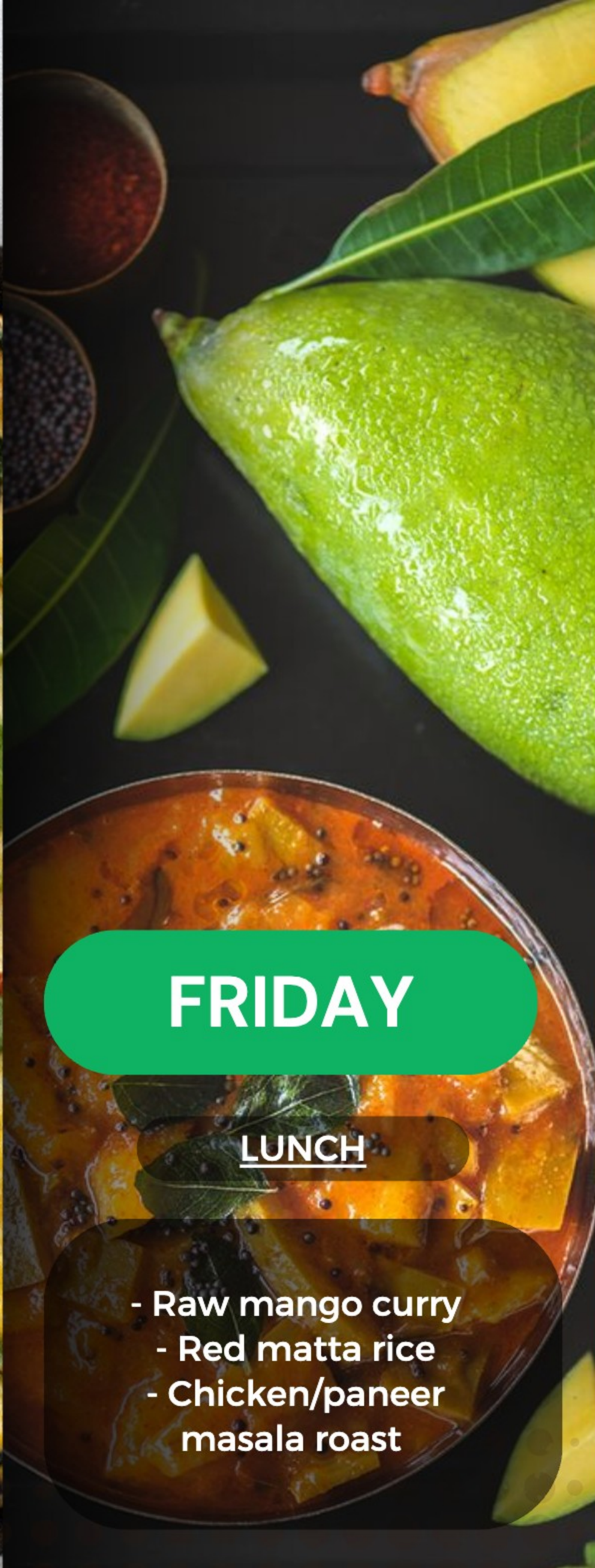
DINNER

- Appam
- Kerala stew (veg/egg/chicken)



BREAKFAST

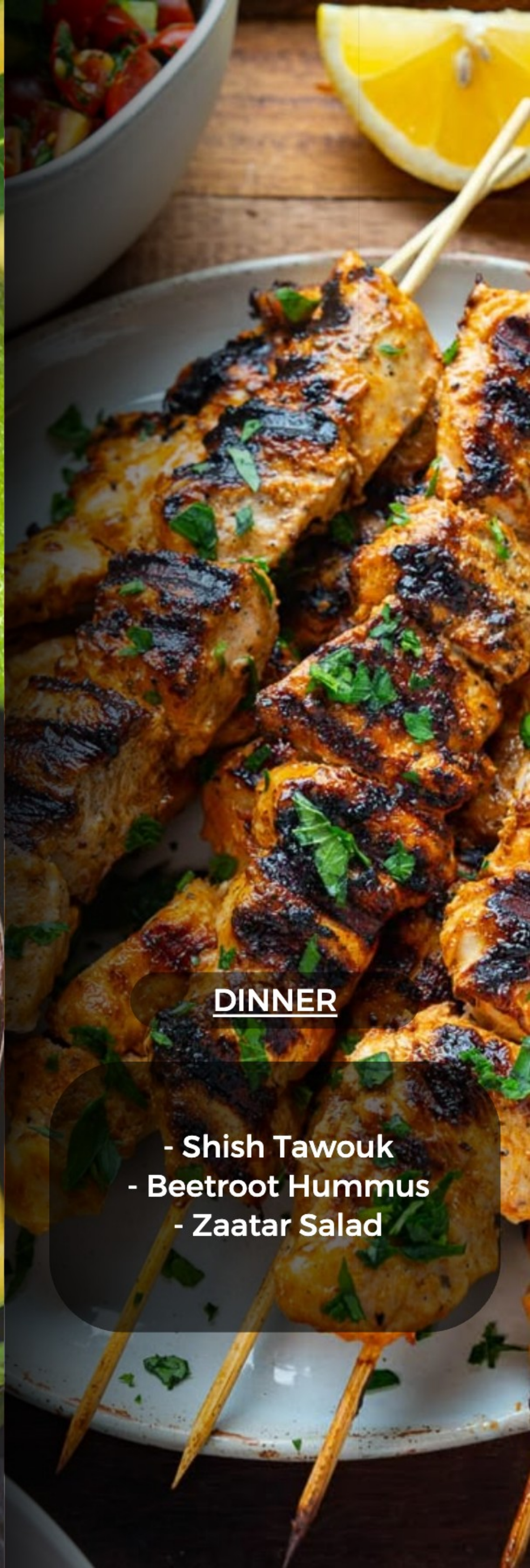
- Mixed veggie & egg frittata / Peanut baked oats toast



FRIDAY

LUNCH

- Raw mango curry
- Red matta rice
- Chicken/paneer masala roast



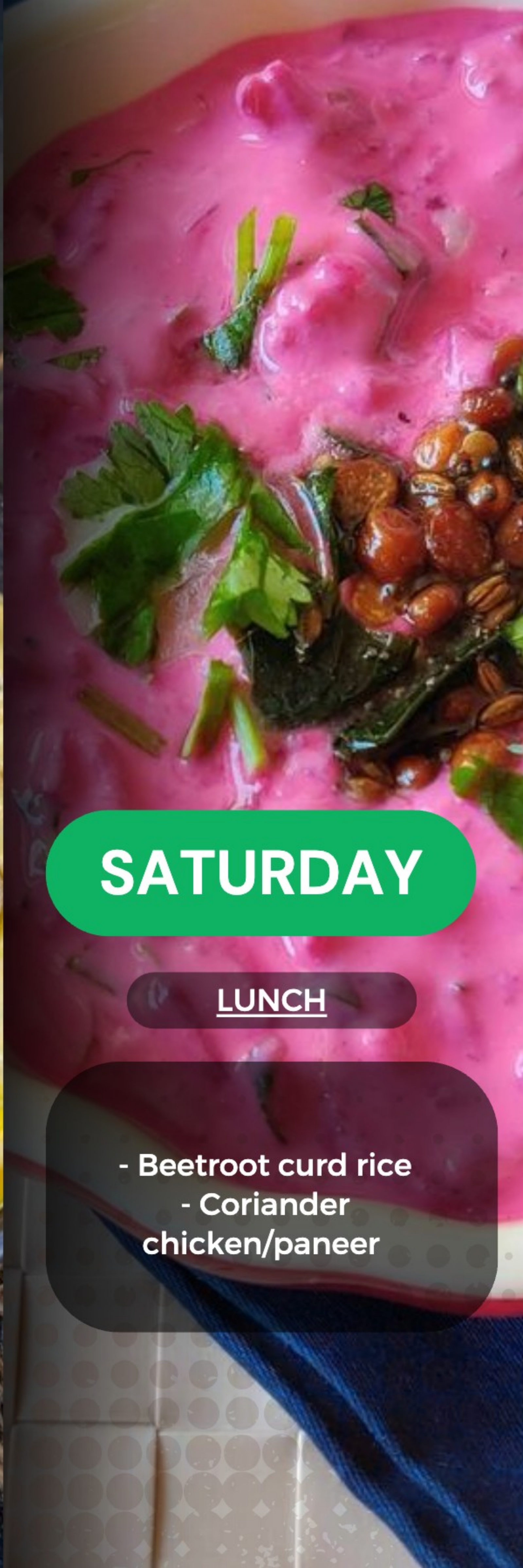
DINNER

- Shish Tawouk
- Beetroot Hummus
- Zaatar Salad



BREAKFAST

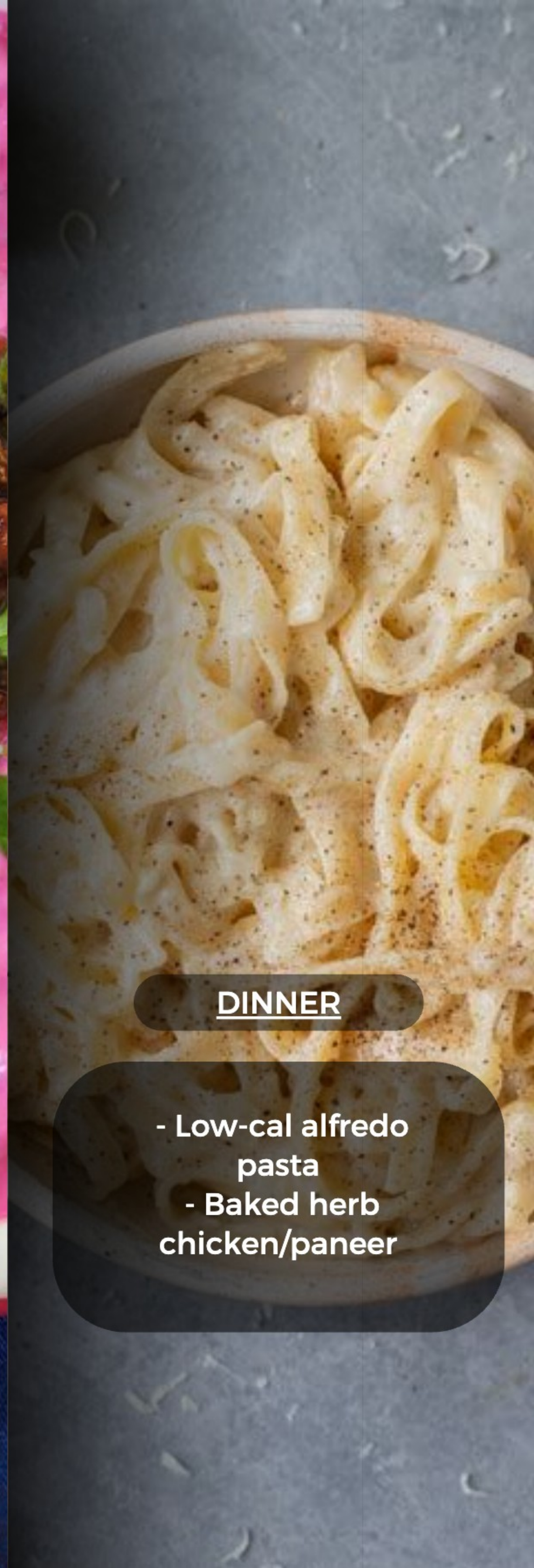
- Kesar badam oats



SATURDAY

LUNCH

- Beetroot curd rice
- Coriander chicken/paneer



DINNER

- Low-cal alfredo pasta
- Baked herb chicken/paneer