

Breakfast	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereals	Porridge/ Corn flakes	Corn flakes / Wheat Flakes	Banana Flakes / Strawberry	Cornflakes / Chocos	Porridge / Wheat Flakes
Cut Fruits	Papaya	Sweet Melon	Pineapple	Watermelon	Bananas
Sprouts	Chole	Lentil	Moong	Chole	Lentil
Bread	Wheat Bread	Multi Grain Bread	Wheat Bread	Multi Grain Bread	Wheat Bread
Hot Food	Aloo Parantha & Curd	Spinach Poori & Bhaji	Vermicili Upma	Fried Idli & Sambhar	Pancakes With Chocolate Sauce
Beverages	Milk/Tea/Coffee	Milk/Tea/Coffee	Milk/Tea/Coffee	Milk/Tea/Coffee	Milk/Tea/Coffee
Morning Snacks					
Fresh Juice	Sweet Lime	Orange	Mango Shake	Mixed Fruit	Orange
Fruits	Watermelon	Pineapple	Papaya	Pear	Banana
Snacks	Veg Puff	Cheese Sandwich	Aloo Paneer Samosa	Baked Veg Roll	Corn & Cheese Balls
Lunch					
RAITA	Dahi Bhalla	Boondi Raita	Cucumber Raita	Mixed Vegetable Raita	Onion, Tomato Raita
SALAD BAR	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
SPROUTS	SPROUTS	SPROUTS	SPROUTS	SPROUTS	SPROUTS
SALAD 1	Bhelpuri Chat	Macaroni Mayo Salad	Crunchy Noodle Salad	Greek Salad	Healthy Papaya Salad
SALAD 2	Fruit Salad	Beetroot Salad	Mixed Sprout Salad	Hawaiian Salad	Taboulleh Salad
FINGER FOOD	Cheese & Corn Tart (Live)	Assorted Sandwiches (Live)	Cream & Cheese Croissants	Canapes (Live)	Assorted Papad
HEALTH FOOD	Vermicilli Upma	Veg Khichdi	Veg Poha	Dhokla	Masala Oats
CONTI VEG	Ghiya Masala	Chilly Mushroom Gravy	Exotic Saute Vegetables	Baked Vegetables	Pumpkin Masala
INDIAN VEG	Pasta Red & cheese sauce (Live)	Mix Veg	Tori Ki sabzi	Mattar Zuchhini Korma	Veg & Tofu in Black Bean Sauce
DAL	Rajma	Black Chana	Masoor dal(Live)	Mix Dal	Toor Dal Tadka (Live)
RICE	Plain Rice	Veg Fried Rice	Pea Pulao	Onion Pulao	Soya Fried Rice
BREAD	Ajwani Roti	Roti	Methi Roti	Jeera Roti	Tawa Roti
BREAD BASKET	BREAD ROLL & WHEAT BREAD	BREAD ROLL & JEERA BREAD	BREAD ROLL & MASALA BREAD	BREAD ROLL & CIABATTA BREAD	BREAD ROLL & WHEAT BREAD
PAPAD/ PICKLE	Papad / Pickle	Papad / Pickle	Papad / Pickle	Papad / Pickle	Papad / Pickle
DESSERT	Gulab Jamun	Rasmalai	Moong Dal Halwa	Fruit & Coconut Custard	Boondi ke Ladoo
Cold Beverage	Orange Crush	Lemonade	Rooh Afza	Mango crush	Orange Crush
Snacks	Oat Muffin	Dhokla	Grill Veg S/W	Asstd. Pakoda	Chana Dal Vada
EVENING FRUIT	Orange	Pears	Banana	Apple	Mango
DINNER					
SALAD BAR	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
SOUP	Green pea soup	Noodle Soup	Sweet Corn Soup	Tomato Basil soup	Mushroom Soup
DAL	Masoor dal (Live)	Dhaba Dal	Hari moong dal	Dal Bukhara	Masoor Dal
MAIN DISH	Shahi Aloo Curry	Soya Chap Masala	Dum aloo Kashmiri	Gobhi Adraki	Pasta Cheese sauce (Live)
MAIN DISH	Oven Roasted Vegetable	Veg moussaka	Tawa Veg Live	Kadhai Paneer	Kofta curry
RICE	Jeera Pulao	Onion Pulao	Mint Pulao	Onion Pulao	Basil Herb Rice
ROTI	Tawa Roti	Parantha (Live)	Masala Roti	Roti	Asst:-Bread with Butter
PAPAD/ PICKLE	Pappad / Pickle	Pappad / Pickle	Pappad / Pickle	Pappad / Pickle	Pappad / Pickle
DESSERT	Jalebi	Biscuit Pudding	Till ke ladoo	Mal Pua	Chilled Mango Phirni
NON VEG DINNER			Pepper Chicken		Chicken Curry
			Shahi Egg Curry		Egg Biryani
NIGHT MILK					
BEVERAGE	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Masala Chai	Chocolate Milk/ Hot Milk
DRINK MIX	Horlics / Bournvita	Horlics / Bournvita	Horlics / Bournvita	Hot & Cold Milk	Horlics / Bournvita
SNACKS	French tart	Coconut Cookies	matra	Cheese Straw	Oatmeal Cookies

CARB	PROT	FAT	FIBRE

CARBS + FIBRE	CARBS + PROTEIN	PROTEIN + FIBRE	FRESH FRUIT