

DEC. Nov-25

MONDAY	BREAKFAST :- MILK, CHOCOS/CORNFLAKES, MASALA S/W, B.B. JAM, OMELETTE, FRUIT
	MOR. SNACK'S :- ALOO/PANEER SAMOSA
	LUNCH :- ARHAR DAL, MIX VEG, BUTTER MILK, RICE, CHAPATI, SALAD, FRUIT, SAUNF WATER / CURD
	SNACK'S :- CHANA CHAAT, TEA
	Dinner :- SHAHI PANEER, FRIED EGG CURRY, RICE, ROTI, SALAD, GAJAR HALWA / MUNG DAL HALWA
TUESDAY	BREAKFAST :- MILK, BREAD, BUTTER, JAM, UPAMA, DALIYA, FRUIT
	MOR. SNACK'S :- BREAD PAKODA
	LUNCH :- RAJMA, KADI PAKODA, RICE, ROTI, BUNDI SALAD, PAPAD, FRUIT
	Snack's :- NAMAHPARE, TEA
	Dinner:- ALOO CURRY, MUNG CHANA DAL, POORI, CHURMA, JEERA RICE, ACHAR, GARLIC CHUTNI
WEDNESDAY	BREAKFAST :- MILK, POHA, PAKORA, TOMATO SAUCE, ONION, LEMON, BHUJIA
	MOR. SNACK'S :- WADA PAO
	LUNCH :- SABUT MASUR DAL, SHAHI PANEER, MIX RAITA, RICE, MISSI ROTI, SALAD, FRUIT
	Snack's :- LAHORI JEERA
	Dinner :- MUNG DAL, SOYABEAN CURRY, RICE, ROTI, SALAD, GULAB JAMUN
THURSDAY	BREAKFAST :- MILK, BUTTER, PAO BHAJI, FRUIT
	MOR. SNACK'S :- ALOO PATTIES
	LUNCH :- CHOLE, BHATHURA, BUNDI RAITA, RICE, SALAD, FRUIT
	Snack's :- HOT COFFEE, SANDWICH
	Dinner :- KADHAI PANEER, ARHAR DAL, RICE, ROTI, RASSGULLA/SHAHI TOAST
FRIDAY	BREAKFAST :- MILK, ALOO CURRY, POORI, BOILED EGG, FRUIT
	MOR SNACK'S :- BHAIL POORI
	LUNCH :- RAJMA MASALA, KADI PAKODA, ALOO ONION GRAVY, RICE, ROTI, SALAD, PAPAD, FRUIT
	Snack's :- MATHRI + TEA
	Dinner :- DAL MAKHANI, ALOO METHI, RICE, ROTI, VEG PULAO, BESAN BURFI, KACHUMBER SALAD
SATURDAY	BREAKFAST :- MILK, PARANTHA, PANEER BHURJI, EGG BHURJI, BUTTER, FRUIT
	MOR SNACK'S :- DAAL KACHORI
	LUNCH :- PALAK PANEER, MIX DAL, PLAIN CURD, RICE, ROTI, SALAD, FRUIT
	Snack's :- REAL JUICE
	Dinner :- BHINDI MASALA, CHANA MUNG DAL, PULAO, ROTI, COCONUT BURFI
SUNDAY	BREAKFAST :- ALOO PANEER PARANTHA, CURD, BUTTER, ACHAR, GREEN/GARLIC CHUTNI
	MOR SNACK'S :-
	LUNCH :- VEGETABLE BRIYANIC, BUNDI RAITA, SALAD, FRUIT
	Snack's :- BIKANERI BHUJIA/ PUNJABI TADKA/ CH:P'S
	Dinner :- MAGGIE, CUTLET, BREAD TOAST, TOMATO SAUCE, CHOCOLATE MUFFIN

Abhinav

27-11-25

[Signature]