

Meet & Eat

19.01.26 to 22.01.26

Day	Breakfast	Mid-Morning	Lunch	Evening	Bus
Monday 19.01.26	Phulka with mixed Pulses, Boiled Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Hot Spiced Lemonade	BBQ Chicken / Soyabean Paneer, Mint Rice. Plain Rice, Mixed Dal, Cucumber Salad.	Medu Vada	Banana Cake
Tuesday 20.01.26	Egg Frittata, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Lemon Coriander Soup	Egg / Paneer Rice, Plain Rice, Mixed Dal, Peas, Carrot & Sweetcorn Steam.	Samosa	Atta Salty Cookies
Wednesday 21.01.26	Stuffed Paratha, Egg Bhurji, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Bournvita	Chicken / Paneer Butter Masala, Plain Rice, Mixed Dal, Brinjal Batter Fry, Mint Chutney.	Khaja	Choco Chips Cookies
Thursday 22.01.26	Oats, Fried Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Hot Spiced Lemonade	Vegetable Biryani, Raita, Gobi Manchurian, Kachumber Salad. Plain Rice, Mixed Dal.	Veg Momo	Cheese Straw

All our meals are prepared with minimal fats and no spices which make them suitable for young stomachs

Options for Everyday: Milk + Toast + Cereals for Breakfast & Dal + Rice + A Vegetable/Salad for Lunch.