

MEET & EAT

01-08-2023 to 04-08-2023

Day	Breakfast	Midmorning	Lunch	Evening	Bus
Tuesday 01-08-23	Aloo Paratha, Egg Bhurji, Banana. Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Spaghetti with Meatballs, Plain Rice, Mixed Dal, Vegetable of the Day.	Quesadilla	Muffins
Wednesday 02-08-23	French Toast, Apple. Cereal with Milk, Atta Bread with Butter & Jam.	Lime Water	Egg Masala, Paratha, Salad. Plain Rice, Mixed Dal, Vegetable of the Day.	Mini Dosa	Banana
Thursday 03-08-23	Phulka, Rajma, Boiled Egg, Mango. Cereal with Milk, Atta Bread with Butter & Jam.	Lassi	Paneer Butter Masala, Jeera Rice. Plain Rice, Mixed Dal, Vegetable of the Day, Papad.	Veg Momo	Cookies
Friday 04-08-23	Vegetable Sandwich, Watermelon, Fried Egg. Cereal with Milk, Atta Bread with Butter & Jam.	Lemonade	Chicken Biryani, Raita, Salad. Plain Rice, Mixed Dal, Vegetable of the Day.	Garlic Bread	Cheese Twist

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

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