

MEET & EAT

07-08-2023 to 12-08-2023

Day	Breakfast	Midmorning	Lunch	Bus
Monday 07.08.23	Aloo Paratha, Egg Bhurji, Mango. Cereal with Milk, Atta Bread with Butter & Jam.	Smoothie	Chicken/Veg Stew, Whole Wheat Bread Roll, Plain Rice, Mixed Dal, Vegetable of the Day.	Rusk
Tuesday 08.08.23	Frittata, Watermelon. Cereal with Milk, Atta Bread with Butter & Jam.	Lime Water	Egg/Veg Biryani, Raita, Salad. Plain Rice, Mixed Dal, Vegetable of the Day.	Banana
Wednesday 09.08.23	Oats, Fried Egg, Banana. Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Chicken/Veg Manchurian, Salad. Plain Rice, Mixed Dal, Vegetable of the Day.	Cookies
Thursday 10.08.23	Cheese Sandwich, Scrambled Egg, Watermelon. Cereal with Milk, Atta Bread with Butter & Jam.	Lassi	Assamese Vegetable Thali, (Rice, Aloo Pitika, Bor Tenga, Mixed Greens, Brinjal Fritters, Rice Pudding).	Muffins

Friday 11.08.23	Phulka, Chana Dal, Omelette, Sweet Lime. Cereal with Milk, Atta Bread with Butter & Jam.	Lemonade	Chicken/Paneer Masala, Plain Rice, Mixed Dal, Vegetable of the Day.	Rainbow Cake
Saturday 12.08.23	French Toast, Fried Egg, Mango. Cereal with Milk, Atta Bread with Bread & Jam.	Juice	Chicken/Veg Burger, (Whole Wheat Bun) Tossed Salad. Plain Rice, Mixed Rice, Vegetable of the Day.	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