

MEET & EAT

14-08-2023 to 18-08-2023

Day	Breakfast	Midmorning	Lunch	Afternoon	Bus
Monday 14.08.23	Poha, Fried Egg, Watermelon. Cereal with Milk, Atta Bread with Butter & Jam.	Lemonade	Chicken Do Pyaza, Phulka, Plain Rice, Mixed Dal, Vegetable of the Day.		Rusk
Wednesday 16.08.23	Egg Sandwich, Mango. Cereal with Milk, Atta Bread with Butter & Jam.	Lassi	Chicken 65, Salad. Plain Rice, Mixed Dal.	Sooji Ladoo	Banana
Thursday 17.08.23	Idli, Sambar, Banana, Boiled Egg. Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Vegetable Pasta, Plain Rice, Mixed Dal, Vegetable of the Day, Jelly.	Veg Momo	Cheese Twist
Friday 18.08.23	Pancake, Mango. Cereal with Milk, Atta Bread with Butter & Jam.	Country Lemonade	Egg Korma, Jeera Rice, Mixed Dal, Vegetable of the Day.	Cheese Toast	Banana Cake

**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