

# MEET & EAT

21-08-2023 to 25-08-2023

Day	Breakfast	Midmorning	Lunch	Afternoon	Bus
<b>Monday</b> 21.08.23	<b>Daliya, Boiled Egg, Watermelon.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Juice</b>	<b>Chicken / Paneer Keema Curry, Phulka, Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Mini Dosa</b>	<b>Cheese Twist</b>
<b>Tuesday</b> 22.08.23	<b>Aloo Paratha, Egg Bhurji, Banana.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Smoothies</b>	<b>Vegetable Noodles, Chicken / Soya Bean Manchurian, Salad.</b>  <b>Plain Rice, Mixed Dal</b>	<b>Veg Spring Roll</b>	<b>Chocolate Cookies</b>
<b>Wednesday</b> 23.08.23	<b>Chinese Omelette Mango.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Fresh Lime Water</b>	<b>Egg Masala, Basanti Pulao,  Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Mini Pizza</b>	<b>Banana</b>
<b>Thursday</b> 24.08.23	<b>Vegetable Sandwich, Fried Egg, Watermelon.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Juice</b>	<b>Paneer Curry, Plain Rice, Mixed Dal, Vegetable of the Day, Custard Ice Cream.</b>	<b>Quesadilla</b>	<b>Cookies</b>

**Friday  
25.08.23**

**Poha,  
Omelette,  
Mango.**

**Cereal with  
Milk,  
Atta Bread  
with Butter &  
Jam.**

**Country  
Lemonade**

**Chicken Curry  
Homestyle,  
Plain Rice,  
Mixed Dal,  
Vegetable of  
the Day.**

**Mini Sweet  
Samosa**

**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\***