

MEET & EAT

28.08.2023 to 01.09.2023

Day	Breakfast	Midmorning	Lunch	Afternoon	Bus
Monday 28.08.2023	Sevian Upma, Boiled Egg, Pear. Cereal with Milk, Atta Bread with Butter & Jam.	Lassi	Chicken / Soybean Curry, Phulka, Plain Rice, Mixed Dal, Vegetable of the Day.	Pitha with Jam & Honey	Muffins
Tuesday 29.08.2023	Oats, Fried Egg, Watermelon. Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Chicken / Vegetable Hot Dog. Plain Rice, Mixed Dal, Vegetable of the Day.	Nimki	Rusk
Wednesday 30.08.23	Aloo Puri, Omelette, Guava. Cereal with Milk, Atta Bread with Butter & Jam.	Lime Water	Chicken / Paneer Roast, Butter Rice, Salad. Plain Rice, Mixed Dal.	French Fries	Banana
Thursday 31.08.2023	Cheese Sandwich, Scrambled Egg, Banana. Cereal with Milk, Atta Bread with Butter & Jam.	Lemonade	Vegetable Biryani, Raita, Custard. Plain Rice, Mixed Dal, Vegetable of the Day.	Veg Momo	Fruit Cake

Friday 01.09.2023	Frittata, Watermelon. Cereal with Milk, Atta Bread with Butter & Jam.	Banana Smoothies	Egg Methi Malai Curry, Plain Rice, Mixed Dal, Vegetable of the Day.	Malpua	Cheese Straw
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**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