

MEET & EAT

05.09.2023 to 08.09.2023

Day	Breakfast	Midmorning	Lunch	Afternoon	Bus
Tuesday 05.09.2023	Phulka, Chana Dal, Boiled Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Fresh Lime Water	Vegetable Noodles, Garlic Chicken. Plain Rice, Mixed Dal, Vegetable of the Day.	Samosa & Jalebi	Muffins
Thursday 07.09.2023	Veg Stuffed Paratha, Fried Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Lassi	Malai Kofta, Jeera Rice, Fruit Popsicle. Plain Rice, Mixed Dal, Vegetable of the Day.	Veg Momo	Banana
Friday 08.09.2023	Savoury Daliya, Omelette, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Chicken Sukka, Plain Rice, Mixed Dal, Vegetable of the Day.	Potato Chop	Cheese Straw

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