

# MEET & EAT

11.09.2023 to 15.09.2023

Day	Breakfast	Midmorning	Lunch	Afternoon	Bus
Monday 11.09.2023	Stuffed Vegetable Paratha, Egg Bhurji, Fruit.  Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Chicken Curry Home Style, Plain Rice, Mixed Dal, Vegetable of the Day.	Potato Cutlet	Banana Cake
Tuesday 12.08.2023	Oats, Fried Egg, Fruit.  Cereal with Milk, Atta Bread with Butter & Jam.	Lime Water	Jeera Rice, Chicken Grill.  Plain Rice, Mixed Dal, Vegetable of the Day.	Croissant	Cheese Straw
Wednesday 13.08.2023	Pancake, Fruit.  Cereal with Milk, Atta Bread with Butter & Jam.	Lassi	Egg Butter Masala, Phulka, Salad, Papad.  Plain Rice, Mixed Dal,	Mini Veg Roll	Banana
Thursday 14.09.2023	Egg Club Sandwich, Fruit.  Cereal with Milk, Atta Bread with Butter & Jam.	Lemonade	Rajma, Veg Pulao, Fruit Jelly Cups.  Plain Rice, Mixed Dal, Vegetable of the Day.	Veg Momo	Choco Cookies
Friday 15.09.2023	Idli, Omelette, Fruit.  Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Chicken Garlic, Veg Fried Rice.  Plain Rice, Mixed Dal, Vegetable of the Day.	Besan Toast	Rusk

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\***