

# MEET & EAT

19.09.2023 to 22.09.2023

Day	Breakfast	Midmorning	Lunch	Afternoon	Bus
<b>Tuesday</b> 19.09.2023	<b>Aloo Paratha, Boiled Egg, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Lassi</b>	<b>Chicken Korma, Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Mini Dosa</b>	<b>Cookies</b>
<b>Wednesday</b> 20.09.2023	<b>Poha, Fried Egg, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Juice</b>	<b>Spaghetti with Meat / Soya Balls, Salad.</b>  <b>Plain Rice, Mixed Dal,</b>	<b>Quesadilla</b>	<b>Homemade Nachos Chips</b>
<b>Thursday</b> 21.09.2023	<b>Cheese Sandwich, Scramble Egg, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Lemonade</b>	<b>Paneer Bhurji, Phulka, Shahi Tukda Lasagna</b>  <b>Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Veg Momo</b>	<b>Banana</b>
<b>Friday</b> 22.09.2023	<b>Savoury Dalia, Omelette, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Lime Water</b>	<b>Roast Chicken, Herbed Rice.</b>  <b>Plain Rice, Mixed Dal, Vegetable of the Day.</b>		<b>Rusk</b>

## 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\***