

MEET & EAT

03.10.23 to 06.10.23

Day	Breakfast	Mid Morning	Lunch	Evening	Bus
Tuesday 03.10.23	Chana Dal, Phulka, Boiled Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.		Chicken Curry Home Style, Plain Rice, Mixed Dal, Vegetable of the Day.		Dry Cake
Wednesday 04.10.23	Cheese Sandwich, Scrambled Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.		Chicken Stew, Whole Wheat Bread Roll, Salad, Plain Rice, Mixed Dal.		Banana
Thursday 05.10.23	Dal Stuffed Paratha, Egg Bhurji, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Vegetable Biryani, Chocolate Pudding. Plain Rice, Mixed Dal, Vegetable of the Day.	French Fries	Cheese Straw
Friday 06.10.23	Oats, Fried Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Lime Water	Chicken / Vegetable Manchurian, Veg Fried Rice. Plain Rice, Mixed Dal, Vegetable of the Day.	Quesadilla	Choco Cookies

All our meals are prepared with minimal fats and no spices which make them suitable for young stomachs

**Options for Everyday:
Milk + Toast + Cereals for Breakfast &
Dal + Rice + A Vegetable/Salad for Lunch.**