

**MEET & EAT**  
**09.10.23 to 13.10.23**

<b>Day</b>	<b>Breakfast</b>	<b>Mid Morning</b>	<b>Lunch</b>	<b>Evening</b>	<b>Bus</b>
<b>Monday</b>	<b>Poha, Omelette, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Lime Water</b>	<b>Chicken / Soya Burger, Coleslaw.</b>  <b>Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Coconut Sooji</b>	<b>Choco Cookies</b>
<b>Tuesday</b>	<b>Idli, Fried Egg, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Flavored Milk</b>	<b>Chicken Butter Masala, Phulka.</b>  <b>Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Quesadilla</b>	<b>Rusk</b>
<b>Wednesday</b>	<b>French Toast, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Juice</b>	<b>Egg Biryani, Salad, Papad.</b>  <b>Plain Rice, Mixed Dal.</b>	<b>Tikki</b>	<b>Banana</b>
<b>Thursday</b>	<b>Vegetable Sandwich, Scrambled Egg, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Lassi</b>	<b>Ghee Rice, Sambar, Paneer 65, Custard.</b>  <b>Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Veg Spring Roll</b>	<b>Cheese Straw</b>
<b>Friday</b>	<b>Aloo Paratha, Boiled Egg, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Bournvita</b>	<b>Chicken Curry Assamese Style, Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Besan Toast</b>	<b>Fruit Cake</b>

**Options for Everyday:**

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

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