

# MEET & EAT

## 30.10.23 to 03.11.23

Day	Breakfast	Mid Morning	Lunch	Evening	Bus
<b>Monday 30.10.23</b>	<b>Phulka, Rajma, Boiled Egg, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Milk</b>	<b>Chicken / Paneer Biryani, Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Veg Cutlet</b>	<b>Dry Cake</b>
<b>Tuesday 31.10.23</b>	<b>French Toast, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Mango Turmeric Latte</b>	<b>Egg Do Pyaza, Jeera Rice, Pain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Pitha</b>	<b>Banana</b>
<b>Wednesday 01.11.23</b>	<b>Upma, Omelette, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Lemonade</b>	<b>Spaghetti Meat Balls, Salad. Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>French Fries</b>	<b>Cheese Straw</b>
<b>Thursday 02.11.23</b>	<b>Vegetable Sandwich, Fried Egg, Fruit.</b>  <b>Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Horlicks</b>	<b>Shahi Paneer, Paratha, Sewai.</b>  <b>Plain Rice, Mixed Dal, Vegetable of the Day.</b>	<b>Veg Momo</b>	<b>Cookies</b>

<b>Friday 03.11.23</b>	<b>Vegetable Stuff Paratha, Egg Bhurji, Fruit.  Cereal with Milk, Atta Bread with Butter &amp; Jam.</b>	<b>Juice</b>	<b>Chicken Stew, Butter Rice, Plain Rice, Mixed Dal, Vegetable off the Day.</b>	<b>Nimki</b>	<b>Chocolate Cake</b>
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**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.**