

MEET & EAT

06.11.23 to 10.11.23

Day	Breakfast	Mid Morning	Lunch	Evening	Bus
Monday 06.11.23	Aloo Paratha, Egg Bhurji, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Flavoured Milk	Home Style Chicken Curry, Plain Rice, Mixed Dal, Vegetable of the Day.	Mini Veg Pizza	Cookies
Tuesday 07.11.23	Savoury Muffins, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Lime Juice	Egg Ghee Roast, Plain Rice, Mixed Dal, Vegetable of the Day.	Malpua	Banana
Wednesday 08.11.23	Daliya Porridge, Omelette, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Horlicks	Chicken / Soya Burger, Salad. Plain Rice, Mixed Dal, Vegetable of the Day.	Mini Dosa	Rusk
Thursday 09.11.23	Cheese Sandwich, Fried Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Assamese Veg Thali, Payash. Plain Rice, Mixed Dal, Vegetable of the Day.	Veg Fried Momo	Banana Cake

Friday 10.11.23	Chana Dal, Phulka, Boiled Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Chicken / Paneer Butter Masala, Papad, Plain Rice, Mixed Dal, Vegetable of the Day.	Halwa & Namakpare	Cheese Straw
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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.**