

MEET & EAT

14.11.23 to 18.11.23

Day	Breakfast	Mid Morning	Lunch	Evening	Bus
Tuesday 14.11.23	Stuffed Paratha, Egg Bhurji, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Cup Cake, Chocolate Milkshake	Chicken / Paneer Pizza, Plain Rice, Mixed Dal, Vegetable of the Day.	French Fries	Cookies
Wednesday 15.11.23	Phulka, Rajma, Boiled Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Juice	Chicken 65, Plain Rice, Mixed Dal, Vegetable of the Day.	Chilla	Rusk
Thursday 16.11.23	Paratha, Mixed Vegetable, Egg Bhurji, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Flavoured Milk	Mutter Paneer, Plain Rice, Mixed Dal, Vegetable of the Day, Seviyan.	Spring Roll	Banana
Friday 17.11.23	Frittata, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Bournvita	Egg Masala Plain Rice, Mixed Dal, Vegetable of the Day.	Quesadilla	Cheese Straw

**Saturday
18.11.23**

**Upma
Boiled Egg,
Fruit.**

**Cereal with Milk,
Atta Bread with
Butter & Jam.**

**Banana,
Juice**

Brunch

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.**